NCAA MEN'S COLLEGE HOOPS BRACKET, PG 17

Friday's Jackpot!
LOTTO SUPER 7
$17,000,000
estimated

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Celebrity pg 33

Britney's dad issues stern rules

New 'smart' licences for Quebecers

BORDER Quebec has unveiled a new smart drivers' licence that Premier Jean Charest says will make it quicker to cross the U.S.-Canada border.

The new permit, which Quebecers can choose as an option to getting a passport, has an electronic chip that will certify the owner is a Canadian citizen.

The permit has been the subject of lengthy negotiations between the U.S. and Quebec.

It does not replace the regular drivers' permit, but can be purchased for an additional $40 above the regular fee and will be renewable every four years. Charest says the charge reflects the cost to develop the system.

THE CANADIAN PRESS

Canada pg 8

Bus driver busted for beating 'seal'

Riding the **Recession**

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

• Entertainment
How musicians and labels are experiencing a music meltdown, pg 27

• Tomorrow
Entertainment – The effect the economy is having on music venues and touring artists.
• Thursday
Health – Some tips for brown-bagging lunches and local meals for a steal.

Toronto

Fashion Week begins

CHRIS YOUNG/THE CANADIAN PRESS

A model poses at the end of the runway last night during the Barbie show from designer David Dixon on the opening day of Toronto Fashion Week. More coverage, page 28.

Chain links Tamils

Thousands line Toronto streets

A sea of protesters flying Canadian and Tamil Eelam flags stood shoulder to shoulder — in some places three and four deep — along busy downtown streets yesterday, saying they were there to speak for those in their homeland of Sri Lanka who cannot.

Tamil protesters estimated about 120,000 people lined sidewalks in a nearly seven-kilometre human chain along Front Street, north up Yonge Street to Bloor Street, then west to University Avenue and south again to Front.

The chain was only broken at intersections to allow busy midday traffic to flow, but thinned in numbers along Bloor Street and University Avenue.

By 5:30 p.m., Front Street was closed as emotionally charged demonstrators congregated in a show of strength and solidarity for those they say are facing atrocities back home.

At 200,000-plus, Greater Toronto is home to the largest diaspora of Sri Lankan Tamils.

LUCAS OLENIUK/TORSTAR NEWS SERVICE

A human chain lines the streets of Toronto yesterday in a demonstration against the political turmoil in Sri Lanka.

Demonstrators, among them seniors, families with young children and students, chanted, "We want justice. We want it now," and "Free our leader." They called on the Canadian government to lift its ban on fundraising for the Liberation Tigers of Tamil Eelam and help broker peace in war-torn Sri Lanka.

TORSTAR NEWS SERVICE

Hook, line and sinker – Have we been tricked?

For years, doctors, nutritionists and even your mother have issued a common entreaty at the dinner table — eat more fish.

Conventional thinking has it that the marine fare can do everything from help hearts recover from surgery to boost brain power and lower cholesterol.

But in a unique paper to be published today, doctors and fisheries scientists are questioning the health benefits of heavy fish consumption, especially when the world's stocks are being severely depleted.

"There is a benefit from fish, but we are not certain that all people will benefit from fish," said David Jenkins, a physician and professor at the University of Toronto medical school, who co-wrote the analysis in the Canadian Medical Association Journal.

"There may be some groups who do not benefit from fish intake and we have no idea just how much benefit people would get from fish if they were leading an otherwise healthy lifestyle."

The team of health and science specialists cited several studies in recent years that found patients with varied heart conditions either showed little or no benefit from the consumption of fish products.

THE CANADIAN PRESS

Free Daily News Group Inc., operating as Metro Toronto 1 Concorde Gate, Suite 703, Toronto, Ontario M3C 3N6. Publisher: Bill McDonald

Lessons that spell success in any language

A Continuing Education Success Story – When Olga Churkina moved to Toronto from Russia, her experience and spoken English were good enough to land her a position in advertising within hours of arriving. But her written English needed improvement. She chose George Brown College to help her. With her employer's financial support, she completed both an English skills course and a professional communications course. Her employer is so pleased with her progress that they now recommend George Brown English courses to other employees.

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Kids' prank causes stir
A Burlington man has been charged with weapons offences after two young boys were fired upon with a pellet gun for repeatedly ringing doorbells in a townhouse complex. Neither of the boys, ages 11 and 14, were injured. Christopher Rodgers, 19, was charged. TORSTAR NEWS SERVICE

Local

Tussle with suspect injures cops

Two police officers were sent to hospital with injuries early yesterday after fighting a man in a Regent Park stairwell during a drug arrest. The officers tried to arrest a man in a residential complex in the Shuter and Parliament streets area around 1:30 a.m. yesterday. He fled and, after they caught up, struggled with them over several flights of stairs. Deronn Earle, 26, of Thornhill, is charged with assault with intent to resist arrest, escape from lawful custody, two counts of assaulting a peace officer, possession of cocaine, and failing to comply with probation. TORSTAR NEWS SERVICE

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Tomorrow's Metro

Comment

Paul Sullivan offers his unique view from the West.

metronews.ca

What's online today.

Video Mourners crowd a small town church for the first funeral held for Newfoundland chopper crash victims at **metronews.ca/canada**

Blogs Kenya Hunt checks in from Paris Fashion Week.

Lotteries

Ontario Pick 3: 7 1 5; **Ontario Pick 4:** 9 6 3 2
Encore: 6832806
Daily Keno: 2, 3, 7, 8, 14, 17, 23, 28, 33, 35 37, 42, 47, 48, 53, 55, 59, 64, 67, 68
These results are not official.

BlackBerry battle brewing

Among the 1,300 new jobs the City of Toronto proposes to add this year — despite the recession — is one that's raising a few eyebrows: An "enterprise technical support specialist" to handle the city's 1,800 BlackBerrys. Salary: About $84,000.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Coun. Shelley Carroll, a self-proclaimed BlackBerry addict, uses one in front of city hall.

"BlackBerry technology is now considered critical for council, senior management and city operational staff with an expectation of 24/7 service availability," says a budget analyst note, explaining why the position is needed, to serve a device so habit-forming even U.S. President Barack Obama refused to give his up.

The note states the industry-standard ratio of BlackBerry users to support staff is 1 to 200. That would translate into nine technicians not the single one the city is considering.

Coun. Doug Holyday, who does not use a BlackBerry, questioned whether the city should even have issued so many devices.

While Holyday concedes there are benefits, he said when the taxpayer is paying the tab, the devices should be used prudently.

Budget chief Shelley Carroll defended hiring a technician saying it should save money in the long run because of better controls.

Coun. Peter Milczyn, who is critical of the hiring spree, questioned whether existing IT support staff can be redeployed to BlackBerry support. TORSTAR NEWS SERVICE

Tasers can cause seizures: Report

Stun guns can cause seizures if their tiny electric barbs pierce the scalp and shock the brain, says a new article on the accidental jolting of a police officer.

The unnamed Ontario cop, in his 30s, was chasing a suspected robber when he was hit in the back of the head with a Taser fired by his partner.

Within seconds, the officer collapsed and went into a full-blown seizure — foaming at the mouth — for about a minute, says the article co-written by Toronto neurologist Dr. Richard Wennberg.

What is billed as the first report of its kind on such a phenomenon is published in the Canadian Medical Association Journal released yesterday.

Warning

- Taser International Inc., the Arizona-based maker of the device, specifically warns stun guns should not target the head.

The officer had no history of seizures, head injuries or neurological or psychiatric conditions, it says. His developmental history was normal and he was not on medication of any kind.

What appears to be a rare if not isolated case should serve as a cautionary tale, Wennberg said in an interview, especially as Taser use grows.

Wennberg says stun guns pack about the same jolt used to induce seizures in electroshock therapy. THE CANADIAN PRESS

News in brief

RULING Ontario's Human Rights Tribunal has awarded a Toronto woman more than $60,000 after finding her employer committed an act of reprisal against her when she was fired last year.

TRIAL The ability to draw murderous intent from instant messages is being challenged at the Stefanie Rengel trial. A jury is hearing closing arguments today in the first-degree murder trial of a 17-year-old girl, who prosecutors say pressured her boyfriend to kill. THE CANADIAN PRESS

City scraps fourth report on cups

REPORT Toronto officials have suddenly dumped plans for another consultant's report on how to dispose of millions of take-out coffee cups, but are still spending $50,000 for three reports they passionately defended last week.

Late Friday, the city announced to industry officials it wouldn't hire a consultant to study the economic impact of the coffee cup proposals on business. TORSTAR NEWS SERVICE

Joyride leaves teen injured

A 17-year-old male was arrested in Oakville Sunday night after a vehicle packed with six people spun out of control, striking two parked cars and a house and injuring a female passenger. The injured passenger was taken to hospital with non-life-threatening injuries. TORSTAR NEWS SERVICE

We're watching our waste

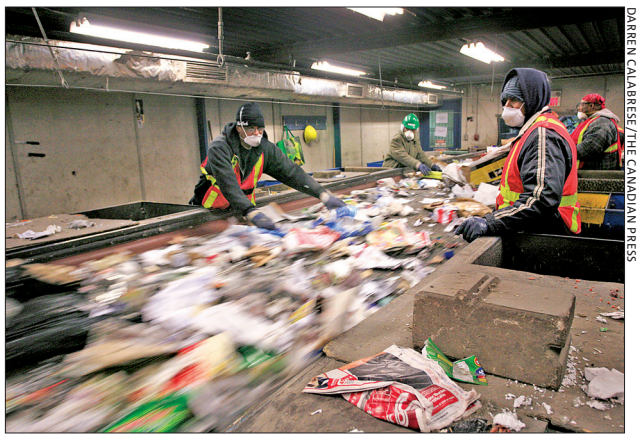
Toronto residents generate less waste than the provincial average and divert more trash from landfill sites, according to a Canadian Press analysis of the latest statistics.

Recently released data from Waste Diversion Ontario suggests the average Ontario resident generates more than a kilogram of waste every day, or 385 kilograms per year.

That's more than the weight of a grizzly bear.

In Toronto, the average person was responsible for about 357 kilograms of waste, ranking the city 101st out of 206 municipalities in waste generation.

That total was nowhere near the amount of trash churned out by some of the province's worst offenders, which added up to almost one and a half tonnes per person, the weight of a compact car.



DARREN CALABRESE/THE CANADIAN PRESS

City of Toronto employees sift through recyclable material recently as it zooms by on a conveyer belt at the Dufferin Waste Management facility.

Toronto residents diverted almost 43 per cent of their trash from going to landfill, which was about four percentage points better than the provincial average of 39.2 per cent.

Toronto ranked 30th in the province for recycling.

But because every municipality runs its own recycling program tailored to address local challenges, it's difficult to make direct comparisons between different cities and towns.

Rural and northern communities face additional hurdles that hinder recycling efforts, while urban cities usually have better diversion rates because they offer more opportunities to residents.

More than one million households in Toronto had the chance to recycle in 2007 and more than 165,000 tonnes of marketable recyclable material were collected.

About 81 per cent was paper, 12 per cent was glass, four per cent was metal and three per cent was plastic.

Almost 186,000 tonnes of organic materials was also collected. THE CANADIAN PRESS

Best and worst waste diversion rates in Ontario

The average Ontario resident generates more than a kilogram of waste per day, adding up to about 385 kilograms per year. The average rate of trash diverted from landfill is 39.23 per cent. Here's a look at Ontario municipalities with the best and worst diversion rates:

BEST

- Mono — 54.69 per cent
- Orillia — 53.64 per cent
- East Luther Grand Valley — 53.23 per cent
- Algonquin Highlands — 52.24 per cent
- Owen Sound — 51.19 per cent

WORST

- North Huron — 8.11 per cent
- Chippewas of Kettle and Stony Point First Nations — 8.33 per cent
- O'Connor — 8.76 per cent
- Callander — 9.66 per cent
- Black River-Matheson — 10.20 per cent

THE CANADIAN PRESS

Chrysler seeking out 'competitive advantage'

Chrysler's chief executive says a proposed alliance with Italian carmaker Fiat would provide a "major competitive advantage" that could preserve or create 5,000 jobs.

The technology Fiat would contribute is worth between $8 billion US and $10 billion, "equal to or greater than the total amount of loans we have requested from the U.S. government," Bob Nardelli wrote in an email to Chrysler employees obtained by The Canadian Press.

> **"Chrysler would save three to five years in development time."**
> Bob Nardelli in an email

"Even more importantly, Chrysler would save three to five years in development time, giving us a major competitive advantage."

However Bill Pochiluk, president of industry adviser AutomotiveCompass, said the trick for Chrysler is lasting long enough to get there.

"If Chrysler can get out to 2012, I believe that Nardelli is largely correct with the full implementation," Pochiluk said. THE CANADIAN PRESS

News in brief

HOUSING Ontario will receive $65 million in federal money to improve housing on the province's First Nations reserves. The announcement was made in Sarnia by federal Indian Affairs Minister Chuck Strahl. The money is Ontario's portion of a $400-million commitment over the next two years from the federal budget.

VERDICT A Brampton man has been found guilty of three armed home invasions in Mississauga and Brampton that included the sexual assaults of two young women facing threats their parents would be killed. Horaine Bennett, 20, also pistol-whipped residents during the terrifying robberies in 2007. METRO NEWS SERVICES

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Halifax	Travel Jun 16 - Jun 23/wg	$159 + taxes & fees $186
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Your actual fuel consumption may vary. ♦2008 Aveo5 vs. 2009 Aveo5 fuel consumption. Based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. ▪2009 Cobalt XFE (1AJ37/69). Based on Natural Resources Canada's 2009 Energuide data and GM vehicle segmentation for the Compact Multi Purpose Vehicle Segment. Your actual fuel consumption may vary. ▽GMCL will pay the first two months GMAC finance payments for finance terms up to 60 months only paid up to a maximum monthly finance payment of $400 (tax included). Offer applicable to equal monthly payment finance agreements with GMAC and subject to GMAC credit approval. Visit gmstudentbonus.ca for more details. iPod® is a registered trademark of Apple Inc. ◊US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. 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Listeriosis claims another victim

The Public Health Agency of Canada says a Quebec man died of listeriosis in January. The agency says the Quebec Health Department reported the man became ill in November, but it is impossible to determine what caused the infection. The listeriosis strain that claimed the Quebec man matches the 2008 outbreak strain. THE CANADIAN PRESS

Canada

Grits court sovereigntists

Michael Ignatieff's Quebec lieutenant says he is wooing disaffected sovereigntists and members of the Action democratique du Quebec to the Liberal fold for the next election. Denis Coderre, left, says he has had talks with "fatigued" sovereigntists about possibly running for the Liberals in the next federal election, but wouldn't identify them. THE CANADIAN PRESS

War winnable: Expert

Ottawa's former top civilian in Afghanistan confident

The first person to serve as Canada's official representative in Kandahar remains confident in the mission and the country's role going forward, despite recent assertions by Prime Minister Stephen Harper that the Afghan war may not be a winnable one.

Elissa Golberg — who until recently was Canada's top civilian in Afghanistan's volatile south — admitted in an interview with The Canadian Press that there have been plenty of challenges and setbacks this year as the insurgency has grown and gained strength.

Elissa Golberg

But to call the battle unwinnable, as Harper did earlier this month, is inappropriate, Golberg said.

"I don't think it's about winning," said Golberg in her first interview since returning to Canada after completing her Afghan mission in January.

"We've always said that what needs to be done in Afghanistan is more than something just the military can deliver."

Part of defeating the insurgency and improving the lives of Afghan citizens, she said, is training the Afghan army and police forces and building the courts and corrections system.

THE CANADIAN PRESS

Funeral **Chopper crash victim**

RHONDA HAYWARD/THE CANADIAN PRESS

Family and friends grieve at the funeral of helicopter crash victim Allison Maher yesterday at St. Charles Borromeo Church in Fermeuse, N.L. Maher was remembered for her "loving soul" and powerful sense of humour. The funeral is the first to be held for the 17 victims of last week's tragic helicopter crash in the North Atlantic.

One small step for 16 Canadians

SPACE Sixteen Canadians are now several steps closer to becoming Canada's two newest astronauts, destined for a six-month stay aboard the International Space Station, after being plucked from a field of thousands.

"I am very pleased with the process." Steve MacLean

The 15 men and one woman endured a number of physically and mentally demanding tests, including an underwater escape from an upside-down helicopter, and simulated fires and floods.

"I am very pleased with the process," Canadian Space Agency president Steve MacLean said in an interview yesterday.

THE CANADIAN PRESS

News in brief

MONTREAL Seventeen people arrested during an anti-police brutality demonstration that turned into a riot are facing charges including mischief, theft, assault and possession of weapons, police said yesterday. Most of the 221 people arrested during Sunday's melee were released after receiving a fine or under a promise to appear in court at a later date.

FUNDING The spectre of ads on CBC Radio is being raised as the public broadcaster meets behind closed doors to discuss its funding woes.

THE CANADIAN PRESS

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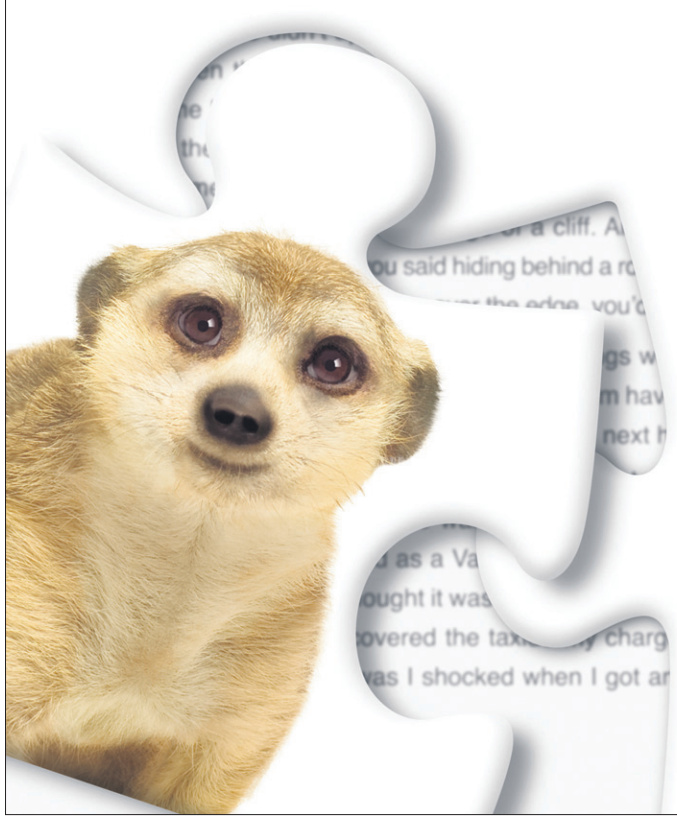

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Gerrard Square
Royal Bank Plaza
Scarborough Town Centre
Sherway Gardens
Toronto Eaton Centre
Toronto Stock Exchange Tower
Woodbine Centre
Yorkdale Mall
2187 Queen St. E (The Beach)
2365 Yonge Street (north of Eglinton)
363 Front St. W (City Place)
455 Danforth Ave.
155 - 720 King St. W
5015 Yonge St.
38 - 1500 Royal York Rd.
8 - 1750 The Queensway

WEST

Burlington Mall
Mapleview Mall
Milton Crossroads Centre

Brampton
Bramalea City Centre
60 Great Lakes Dr. (inside Home Depot)
2880 Queen St. E (Hwy. 7 & Airport Rd.)
26 - 55 Mountainash Rd.
10 - 80 Pertosa Dr.

Mississauga
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
6535B Mississauga Rd.
2458 Dundas St. W
G16 - 3024 Hurontario St.
1A - 1370 Dundas St. E
9 - 34 Bristol Rd. E
2 - 4920 Tomken Rd.
101 - 6200 Dixie Rd.

Oakville
Oakville Place
RioCan Burloak
299 Lakeshore Rd. E
18 - 2501 Third Line
D3 - 2335 Trafalgar Rd.
760 Pacific Rd.

NORTH

Maple
3 - 10019 Keele St.

Markham
Markville Shopping Centre
Pacific Mall

Richmond Hill
Hillcrest Shopping Centre
4 - 11005 Yonge St.
9301 Bathurst St.

Thornhill
Promenade Mall
7171 Yonge St.
8117 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 4000 Hwy. 7

Woodbridge
A7 - 4220 Steeles Ave. W

EAST

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Trial in death of Quebec political aide begins this week

The trial of a man charged with first-degree murder in the violent death of a Quebec political aide begins this week. Francis Proulx has been charged in the slaying of his neighbour Nancy Michaud, who was allegedly dragged from her home last May while her two young children slept. THE CANADIAN PRESS

Canadian industries lag in 4th quarter

ECONOMY Canada's industries wheezed along at their lowest capacity in the fourth quarter of last year as the financial worth of the average household once again diminished, according to the latest reports to chronicle the deepening of the economy's gloom.

Worth

- Canadians also found themselves a lot poorer than they were a few months ago. Household worth fell $252 billion, or 4.4 per cent, during the quarter as stock prices plummeted by almost 25 per cent.

A new report yesterday from Statistics Canada found that industries operated at 74.7 per cent of their capacity in the fourth quarter, the lowest capacity utilization rate since the agency began keeping records more than two decades ago.

THE CANADIAN PRESS

An unscheduled stop

Halifax bus driver runs out of vehicle to club fake seal

PAUL MCLEOD
Metro Canada

A Halifax Metro Transit driver has been relieved of duty after running out of his bus to bludgeon a fake baby seal in front of stunned protesters.

Yesterday, Metro Transit general manager Pat Soanes called the incident "unacceptable," and said the man is no longer allowed to operate a bus. He will be on paid leave until his final punishment is determined.

According to eyewitnesses, the driver had been joking Saturday about how bus drivers were getting a bad rap recently. Moments later, he drove by a seal hunt protest in front of the Halifax Common.

The driver then allegedly said, "Oh, there are the animal lovers," and asked a rider he was chatting with, "Should I? Should I?"

Apparently, he decided he should. He stopped the bus, ran across the busy street and began clubbing a fake baby seal with a baton as baffled protesters looked on. The driver then ran back onto his bus and drove off.

Bridget Curran, organizer of the anti-sealing protest, said she wants the seal clubbing driver to be charged. But police said that won't happen. Soanes said she didn't know why the driver was carrying a baton.

JON TATTRIE/FOR METRO CANADA

Protesters stand near a fake baby seal in Halifax. A Halifax Metro Transit bus driver is on paid leave after he left his vehicle to club the fake seal while protesters and riders watched.

News in brief

ARCTIC Forget about the Russian submarine — Canadian researchers plan to take to the High Arctic skies this weekend to begin gathering definitive data on who really owns the North Pole. A specially equipped airplane is to launch flights from three remote northern airstrips to the top of the world to start mapping undersea ridges that will determine which Arctic nation controls that part of the seabed.

LEASE The chairman of the Niagara Parks Commission was cleared yesterday of any wrongdoing after the lease for the famous Maid of the Mist tour boats was renewed for 25 years without soliciting competitive bids. "There was no wrongdoing" by Niagara Parks Commission chairman Jim Williams, Integrity Commissioner Lynn Morrison ruled in response to a complaint filed last summer by another parks commissioner.

HOMELESS The Alberta government has released a 10-year homeless strategy that calls for the province to support community plans that would cost billions of dollars. A 12-member study group finished its report on the issue last fall, but the province still isn't making any funding promises.

THE CANADIAN PRESS

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Human remains found in Australian swamp

Police say they found human remains in an Australian swamp where a crocodile snatched an 11-year-old girl. Police Supt. Michael Murphy says DNA tests will be run to determine whether they belong to the girl. THE ASSOCIATED PRESS

World

Woman hit by arrow

A woman was wounded by an arrow on a New York City street. Police say they think the arrow was shot into the air at random. They say the 76-centimetre arrow struck Denise Delgado-Brown in the stomach on Sunday as she was dropping off fellow parishioners at a nursing home in the Bronx after attending church. THE ASSOCIATED PRESS

Palin's ex talks reconciliation

RELATIONSHIP The former fiancé of Alaska Gov. Sarah Palin's daughter says he hopes they can reconcile at some point.

Levi Johnston told ABC's Good Morning America yesterday that he and 18-year-old Bristol Palin ended their engagement after deciding it would be better if they separated for a while.

Bristol Palin

The two are the parents of an infant son, Tripp. Johnston says the couple needed time to grow up before following through on marriage plans.

THE ASSOCIATED PRESS

News in brief

MIDDLE EAST The Israeli government says Hamas has hardened its positions in talks over a prisoner release and no agreement was reached in two days of intensive talks in Egypt.

AWARD Bernard d'Espagnat, a French physicist and philosopher of science, was named yesterday as winner of the Templeton Prize, a religion award described as the world's richest prize given to an individual. THE ASSOCIATED PRESS

New president promises unity

Left-leaning television journalist leads ex-guerrillas to power in El Salvador

A leftist television journalist ushered a party of former guerrillas into power in El Salvador, ending two decades of conservative rule but promising yesterday to unite the country after a bitter presidential campaign.

Mauricio Funes, a moderate plucked from outside the ranks of the rebel-group-turned-political-party Farabundo Marti National Liberation Front, ended two decades of conservative rule in El Salvador in Sunday's election.

He became the latest leftist to rise to power in Latin America at a time of uncertainty over how U.S. President Barack Obama will approach the region.

"This is not the time for revenge. This is time for political understanding," he told a rally of roaring supporters early yesterday.

"The time has come for the excluded, the opportunity has arrived for genuine democrats, for men and women who believe in social justice and solidarity."

DARIO LOPEZ-MILLS/THE ASSOCIATED PRESS

Mauricio Funes, presidential candidate of the Farbundo Marti National Liberation Front party, waves the victory sign to supporters Sunday during his victory speech in San Salvador. His rise to power ends two decades of conservative rule in that country.

Funes reported on the 12-year war that killed 75,000 people and later hosted a popular interview show.

He has promised to crack down on big businesses that he says exploit government complacency to evade taxes. After winning, he also vowed to promote investor confidence and respect private property. THE ASSOCIATED PRESS

About Funes

- Funes, 49, rode a wave of discontent with two decades of Arena party rule that have brought economic growth but done little to redress social inequalities. Fuel and food prices have soared, while powerful gangs extort businesses and fight for drug-dealing turf, resulting in one of Latin America's highest homicide rates.

Alleging NATO caused deaths, angry Afghans take to Kandahar streets

AFGHAN WAR For the second time in as many months, angry Afghans have paraded through the streets of Kandahar the blood-splattered bodies of civilians allegedly killed by NATO forces.

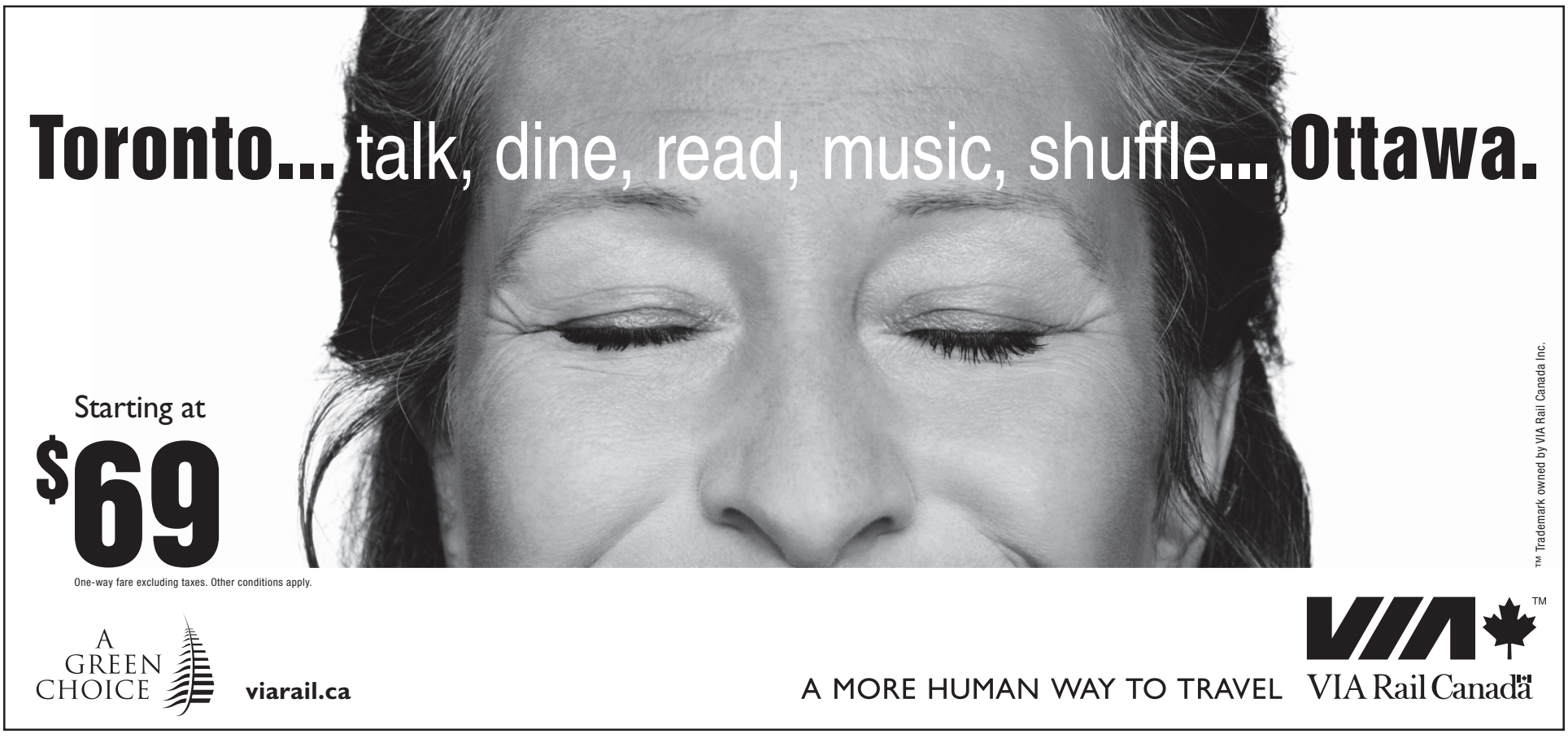
The latest protest, involving people from the village named China, happened yesterday and was quickly shut down by the Afghan Uniformed Police.

The villagers claimed that U.S. troops in Maywand, the western-most district of Kandahar, conducted a raid Saturday night in which five people were killed and two others went missing.

U.S. troops were in the area, but a statement from the U.S. military said only insurgents had been killed. THE ASSOCIATED PRESS

Accusations against Canadians

- Last month, people living in Salehan, a village for the handicapped just outside Kandahar city, accused Canadian troops of leaving behind an explosive that killed three children. However, an investigation determined that the bomb likely belonged to the Taliban.



Children who drank windshield wiper fluid out of hospital
Officials in Arkansas say all 10 children who drank windshield wiper fluid last week at a home daycare centre are out of hospital. THE ASSOCIATED PRESS

Father pleads guilty to incest in Austria

Man accused of holding daughter captive

An Austrian man accused of locking his daughter in a basement for 24 years and fathering her seven children pleaded guilty to incest, but insisted he was innocent of murder and enslavement charges as his trial opened yesterday.

Josef Fritzl wore a mismatched suit and hid his face behind a blue file folder as a judge began the proceedings under heavy security in St. Poelten, 65 kilometres west of Vienna.

Fritzl, 73, faces up to life in prison if convicted of murder. Incest, by contrast, is punishable by up to one year in prison. A verdict is possible as early as Thursday in a case that has drawn worldwide media attention.

Fritzl pleaded guilty yesterday to incest and false imprisonment, but only partially guilty to charges of coercion and rape. He pleaded not guilty to negligent homicide and enslavement.

Fritzl spoke in an almost inaudible voice as he gave the judge his name and other personal details. He eventually removed the folder from his face, but sat still in the dock, clasping his hands together and staring straight ahead.

His voice breaking, Fritzl briefly recalled his childhood and said life with his mother was "very difficult." Asked if he had friends, he said simply: "No."

THE ASSOCIATED PRESS

HELMUT FOHRINGER/THE ASSOCIATED PRESS

Josef Fritzl covers his face with a file folder as he leaves court yesterday after the first day of his trial in St. Poelten, Austria.

Pakistan agrees to reinstate fired Supreme Court justice

ANNOUNCEMENT Pakistan's government relented in a major confrontation with the opposition yesterday, agreeing to reinstate a fired Supreme Court chief justice whose fate had sparked street fights and raised fears of political instability.

The dawn announcement by the prime minister that Iftikhar Mohammed Chaudhry would be sworn back in on March 21 as Pakistan's top judge capped a weekend of high drama and led activist lawyers and opposition politicians to drop plans to march on the capital and stage a sit-in at Parliament later in the day.

THE ASSOCIATED PRESS

Suicide bombing

• In a reminder of the threat from Islamist militants briefly obscured by the crisis, a suicide bomber killed nine people near the capital of Islamabad and gunmen burned vehicles meant for U.S. and NATO troops in Afghanistan.

News in brief

AID Sudan President Omar al-Bashir said yesterday he wants all international aid groups out of the country within a year, insisting they can drop off supplies "at airports or seaports" and let Sudanese organizations take care of it.

MADAGASCAR Soldiers broke into an unoccupied presidential palace yesterday and took it over in a symbolic show of force after Madagascar's opposition leader called on the army to arrest the president. President Marc Ravalomanana has been in another palace in the capital in recent days, with civilian supporters and presidential guards protecting him. THE ASSOCIATED PRESS

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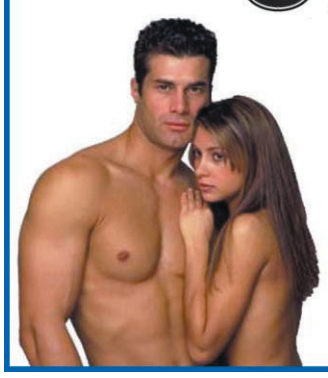

B These days it seems that everyone wants to offer laser hair removal. Sadly most overcharge and deliver poor results or undercharge for no results. We know because the dissatisfied customers come to **OMI**.

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Comment & Views

Comment

Tories helping media shift

NationalReport

Lawrence Martin

metronews.ca/nationalreport

It's CBC bashing time again. The government, while doling out cash to every interest group imaginable, is cutting back on funding for the public broadcaster. Our media, which is largely conservative, is bashing the CBC for being biased, while ignoring their own bias. Online posters are berating the public net for being either too lowbrow or too highbrow or too Toronto. Many would like to see it killed off.

Meanwhile, the other networks, the private ones, aren't doing too well either. CanWest Global, from which a lot of the criticism of the CBC emanates, is staggering under a mammoth debt load. It will be lucky to survive. CTV has been posting huge losses.

In these woeful media times we have three wobbly networks. Critics can find myriad faults at each. They can find political bias, they can find pitiful programming, they can find no shortage of dumb management decisions.

But being the public enterprise, the CBC gets the wrath and what is dismaying, as one online poster put it, is that so many "would advocate the demise of the CBC and see Canada become a third–rate American satellite when it comes to entertainment, culture and identity."

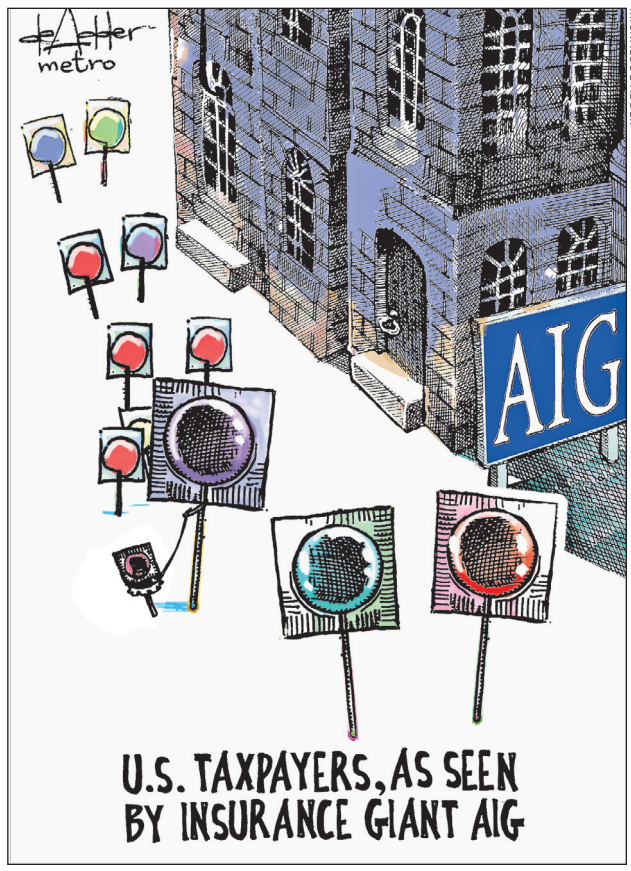
The private commercial networks, by definition, cater to base tastes. They'll put out whatever schlock attracts audiences and advertisers. Public broadcasters, which, in most countries, get far more government dollars than the CBC, are needed for obvious reasons — a counterweight to dumbing down being one of them.

Much criticism of the CBC is justified, including its importation of American programming. But a political agenda figures behind many of the attacks as well.

The right, notwithstanding the drubbing its ideology has taken in recent times, has gained the upper hand in the Canadian media. The two large newspaper chains, CanWest and the Sun chain, are conservative. One national newspaper, The Globe and Mail, is centrist, while the other, The National Post, is conservative. The national magazine, Maclean's, is run by a conservative. CTV and Global are hardly liberal. AM radio tends to be dominated by right-wing talk jocks.

The Canadian political culture is of the moderate centre, traditionally a bit centre-left. But the media culture has moved to the right of the political culture. Conservatives want to move it further in that direction. To diminish the weight of the CBC and gain even more media influence is in their interests. Whether it is in the interests of the country is another story.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Quote of the Day

"How do they justify this outrage to the taxpayers who are keeping the company afloat ... (we will) pursue every legal avenue to block these bonuses."

— U.S. President Barack Obama instructing his Treasury Secretary Timothy Geithner to block the $165 million of bonuses insurance giant American International Group granted its executives with bailout money. THE ASSOCIATED PRESS

Views

Business writing lacks vital nutrients

InBusiness

Charles Davies

Warren Buffett may not be God, but he's about the closest thing we have to an economic Moses, and if he starts throwing tablets around, people pay attention.

So when he happened to mention in a recent interview that the economy had "fallen off a cliff" all hell broke loose in the stock market. That his remarks coincided with a World Bank report predicting a global contraction only abetted the heavy selling.

A Bloomberg news article that reported Buffett's remarks threw in other experts' comments about "very volatile markets" and the fact that "uncertainty reigns."

A companion piece quoted University of California, Berkeley economic Prof. Barry Eichengreen saying that "we are tracking 1929-30," while Moody's chief economist Mark Zandi noted, "This (economy) is going to scar the collective psyche." Kind of makes you want to look out the window to catch an apocalyptic dust storm.

These are parlous times, and even Buffett has fallen prey to business journalism's increasing sensationalism and its regular failure to provide sufficient context.

For every thoughtful voice like The New Yorker's James Surowiecki, there are multiple blusterers like CNBC's Jim Cramer, who generate more noise than intelligent content. Like the markets and industries it covers, the business press has become evermore focused on the short rather than the long term. Too many journalists covering business stories lack sufficient expertise. And whatever the medium, the messenger too often fails to ask the right questions, skims the surface of events, and presents information mainly for dramatic effect. The headline from a late-February Globe and Mail interview with historian Niall Ferguson about his dismal financial predictions captures the style: "There will be blood."

Well, business news, like any other form, is supposed to be punchy and gripping, otherwise who would care? But these days, consumers of information really need depth and perspective. To get it, they need to consult as many sources as possible, and preferably those with an established record of informed comment. I'm talking the likes of The Economist or The Financial Times as opposed to a business blog. And by all means, read stories all the way through. Several paragraphs after noting the economy was over the edge, Buffett also observed that financial institutions shouldn't be so highly leveraged in future, that Americans should wean themselves off excessive debt, and that, yes, there will be a recovery, likely with inflationary consequences. Reasonable conclusions all.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

Worth Mentioning

Fashion forward robotics

A new walking, talking robot from Japan has a female face that can smile and has trimmed down to 95 pounds to make a debut at a fashion show. But it still hasn't cleared safety standards required to share the catwalk with human models.

Developers at the National Institute of Advanced Industrial Science and Technology, a government-backed organization, said their "cybernetic human," shown yesterday, wasn't ready to help with daily chores or work side by side with people, but that it could be ready soon.

Developers said in the meantime the robot may be used in amusement parks or to perform simulations of human movement, as an exercise instructor, for instance. THE ASSOCIATED PRESS

Metro Online Poll Results

36% SAID YES	Would you carry a driver's licence that included a radio chip? *Weigh in on today's question at metronews.ca*	74% SAID NO

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Nautilus Minerals reports fourth-quarter loss of $35.2M
Nautilus Minerals Inc. said yesterday it saw a fourth-quarter loss of $35.2 million or 24 cents per share due to a "substantial" increase in foreign exchange loss. This compares to a year-earlier loss of $7.5 million or six cents per share. THE CANADIAN PRESS

Business

OIL ↑ $47.35 US $1.10

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Home prices keep sliding

Costs down 9.2% in February

House prices and sales continued to slide across Canada in February compared to the same time last year, but activity was up for the first time since September.

The Canadian Real Estate Association said yesterday that resale home prices fell 9.2 per cent across Canada last month to an average of $281,972.

Sales fell 31 per cent to 25,373 units in February, the smallest year-over-year decline since October 2008. Seasonally adjusted sales fell 26.8 per cent.

The CREA also said the number of homes that traded hands on the multiple listing service, or MLS, was up 8.6 per cent above seasonally adjusted levels in January.

It said February's average price is being skewed lower in large part by fewer sales in British Columbia, Alberta and Ontario, "where homes are more expensive and demand has softened most."

The weighted average, which compensates for larger swings in sales activity in some provinces, was down 5.3 per cent year-over-year.

CREA also said 28,669 homes traded hands on the MLS last month, up 8.6 per cent from January, "the first monthly increase in activity since September 2008." THE CANADIAN PRESS

Ontario

- Sales in Ontario, which has the largest housing market in the country, fell 29.2 per cent to 9,861 units year-over-year in February.
- Prices in Ontario fell 6.2 per cent last month to an average of $284,843.

MARK LENNIHAN/THE ASSOCIATED PRESS

A man passes an AIG office building yesterday in New York. American International Group Inc. used more than $90 billion US in federal aid to pay out foreign and domestic banks, some of whom had received their own U.S. government bailouts.

Obama vows to stop AIG bonus payments

WALL STREET U.S. President Barack Obama declared yesterday that insurance giant American International Group is in financial straits because of "recklessness and greed" and said he intends to stop it from paying out millions in executive bonuses.

Noting that AIG has "received substantial sums" of federal aid from the federal government, Obama said he has asked Treasury Secretary Timothy Geithner "to use that leverage and pursue every legal avenue to block these bonuses and make the American taxpayers whole."

The $165 million (all figures US) was payable to executives by Sunday and was part of a larger payout reportedly valued at $450 million. The company has benefited from more than $170 billion in a federal rescue.

The bulk of the payments at issue cover AIG Financial Products, the unit of the company that sold credit default swaps, the risky contracts that caused massive losses for the insurer.

It was also revealed over the weekend that AIG used more than $90 billion in federal aid to pay out foreign and domestic banks, some of whom had received their own U.S. government bailouts. THE ASSOCIATED PRESS

Recipients

- Some of the biggest recipients of the AIG money were Goldman Sachs at $12.9 billion, France's Societe Generale at $11.9 billion, Germany's Deutsche Bank at $11.8 billion, and Britain's Barclays PLC at $8.5 billion.

Rogers to name Mohamed next chief executive: Report

MEDIA Shares in Rogers Communications Inc. gained nearly six per cent in morning trading following a report the company has chosen its new chief executive officer.

Rogers stock is up $1.68 at $29.97 after the Globe and Mail said Nadir Mohamed will step into the CEO role left vacant last December when company founder Ted Rogers died.

Mohamed has spent almost nine years with the company, including a stint as head of its key wireless division.

While the decision hasn't been made official by Rogers, it's expected to be finalized internally and announced within the next two weeks.

The company is also reportedly planning to give Rogers' son, Edward Rogers, a key position that would allow him to work alongside Mohamed in a role that would focus on strategic moves like acquisitions. THE CANADIAN PRESS

Business in brief

MARKETS Toronto's S&P/TSX composite index gave up more than half of early gains yesterday, but still closed up 83.32 points to 8,386.71, led by banks and insurance companies as hopes the recession could end during 2009 remained strong. The Canadian dollar dipped 0.07 cent to 78.52 cents US.

WIRELESS Globalive Wireless Management Corp., owner of the Yak long-distance and Internet services, says it will hire more than 1,000 employees across Canada within the next 12 months as it works to become a new national wireless carrier.

PROPERTY RioCan Real Estate Investment Trust said it has closed a deal to buy six grocery-anchored properties in the Montreal area for $67.5 million. THE CANADIAN PRESS

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MoneyMatters

Q Last March, my family and I moved so I could begin a new job. Because of the recession, the new job fell through. I have been on Employment Insurance since and only secured another job in January. What expenses can I deduct and how much? — Liam

A Individuals who move at least 40 kilometres closer to a new workplace or business in Canada may qualify to deduct moving expenses. Some eligible expenses you can deduct include costs associated with buying or selling a home, travel, moving and storage, cancelling a lease, etc. Keep your receipts.

You may deduct eligible moving expenses from income at your new employment, but cannot use them against employment insurance and other income. However, unused amounts can be used in the following year to reduce other employment income. Don't lose out on deductions — speak to your tax adviser or visit CRA's website for details.

Q I was unable to sell my previous house when I moved to accept a new position. I carried the old residence for more than three months before selling. Is this amount deductible? What if I took a loss on the home? — Alwin

A Good news. Yes, you can deduct cost such as property taxes, interest, utilities, etc., for the previous home. Bad news: Not more than $5,000. The loss on your home, unfortunately cannot be deducted.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-489-7800, ext. 227.

Take the test: Are you a smart debit card user?

March is Fraud Prevention Month, a national awareness program that informs Canadians about the dangers of fraud and how to prevent it. Interac Association, Canada's national debit network, wants to know how fraud savvy you are when it comes to debit cards. Take the challenge!

1. True or False?

Debit card skimming is the method that fraudsters use to copy your magnetic stripe information and PIN which is then used to reproduce a counterfeit card and steal money from your bank account.

Response: True. Fraudsters use hidden equipment such as pinhole cameras and card reading devices to obtain your magnetic stripe information and PIN.

2. True or False?

Shielding my PIN with my hand or body and checking my statements regularly is the best way to protect myself against debit card fraud.

Response: True. Shielding your PIN is the best way to protect yourself, because without the PIN — the key security feature — a fraudster will have more difficulty accessing your bank account. If you detect anything unusual on your financial statements, contact your financial institution immediately.

3. True or False?

It is OK to share my PIN with family members.

Response: False. Your PIN is the key security feature. Only you should know your PIN. Never disclose your PIN to anyone, not even friends or family and if you suspect somebody knows your PIN, change it immediately.

4. True or False?

I don't need to shield my PIN because fraudsters can't access my bank account if they don't have my debit card.

Response: False. Fraudsters use hidden equipment such as pinhole cameras and card reading devices to obtain your magnetic stripe information and PIN, which is then encoded onto a counterfeit card and used to withdraw your funds without your knowledge. Shielding your PIN during every transaction will make it more difficult for a fraudster to capture your PIN, and without it, they will not be able to steal money from your bank account.

5. True or False?

If I am a victim of debit card fraud, I will be reimbursed by my financial institution.

Response: True. Cardholders are protected by the Canadian Code of Practice for Consumer Debit Card Services, under which victims of debit card fraud will be reimbursed.

6. True or False?

A chip card is a payment card embedded with a microchip that will provide increased security against card skimming.

Response: True. A chip card is a new generation of payment card technology that will put the power of a computer onto the debit card and provide increased protection against debit card skimming. Chip cards have started to roll out nationally, and by 2010, the majority of Canadians will be able to benefit from the new technology.

More information about debit card safety and chip card technology is available online at interac.ca.

NEWS CANADA

Investing

What will turn the market from bear to bull? Find out at metronews.ca/investing

Time for spring cleaning: Trim back those messy bills

SmartCookies

Three-quarters of Canadians aged 18 to 29 review their banking or other financial statements monthly, according to a recent survey put out by the Financial Consumer Agency of Canada.

Those who do not review their statements each month gave a number of reasons why — among them the fact that they were just "too lazy."

Laziness and lack of interest when it comes to your bills could be costing you hundreds, if not thousands, of dollars every year.

Make it a must to look at every monthly bill, whether paper or electronic, even you just have a quick scan.

After doing this in the early days of our money group, one of the Smart Cookies realized she was paying a monthly fee for what was essentially credit card insurance. You too might have been sold on this type of insurance when you first received your card.

This type of insurance is designed to protect you from outstanding credit card debt in the event of job loss, disability, critical illness or death. Now, some people may certainly benefit from this type of insurance. Our Cookie, however, certainly did not.

What's worse, she realized that over the years she had actually paid out just under $2,000 for this service. Had she not scrutinized her bills, she would still be giving this money away every month.

Phone bills are also notorious for having mistakes. Whether it's double charging for text messaging, charging for services that should be free, or calls you didn't make, a once-over will usually result in your finding an extra charge. And yes, you might look and say it's only a few dollars here and there, but all those little charges add up.

Almost everyone has online banking these days. It's a quick and easy way to review your bills. And for the bills that come in to you through mail, it's important to have a designated spot for these documents.

Visit the forum at smartcookies.com for more on creative ways to cut your bills.

Questions for the Smart Cookies can be emailed to smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

March is Fraud Prevention Month
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Kingston Centre
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KITCHENER
3012 King St. East
Fairview Park Mall
Highland Hills Mall
Sunrise Shopping Centre
LEAMINGTON
County Fair Mall
LINCOLN
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LINDSAY
229 Kent St. West
Whitney Town Centre
LONDON
125 York St.
1920 Dundas St. East
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White Oaks Mall
MAPLE
2810 Major Mackenzie Dr.
MARKHAM
7357 Woodbine Ave.
8392 Kennedy Rd
Cachet Village
Market Village
Markville Shopping Centre
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MIDLAND
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MILTON
377 Main St. East
MISSISSAUGA
980 Eglinton Ave. East
2800 Skymark Ave.
6965 Davand Dr.
Central Parkway Mall
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Mississauga Chinese Centre
Sheridan Centre
Square One Shopping Centre
Square One Shopping Centre (kiosk)
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Westwood Mall
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NORTH YORK
170 Rimrock Rd
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PARRY SOUND
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Time Square
Shopping Centre
SARNIA
531 Murphy Rd
Lambton Mall
SAULT STE. MARIE
270 Bruce St.
Station Mall
SCARBOROUGH
259 Morningside Ave.
Bridlewood Mall (kiosk)
Cedarbrae Mall (kiosk)
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Eglinton Square
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Holt Renfrew Centre
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Yorkdale (kiosk)
TRENTON
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UXBRIDGE
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World Series MVP Hamels leaves camp to be examined
Philadelphia Phillies pitcher Cole Hamels has left spring training to have his pitching elbow examined. Team doctors do not believe the tightness in his left arm is serious. METRO NEWS SERVICES

Sports

Grandi retires again

Veteran Canadian skier Thomas Grandi retired from ski racing for the second time in two years yesterday. The 36-year-old from Canmore, Alta., announced he will not continue racing to the 2010 Vancouver Games, just more than eight months after saying it was the Olympics that had brought him out of retirement.
METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Sports in brief

NFL Denver Broncos quarterback Jay Cutler was a no-show yesterday for coach Josh McDaniels' first team meeting and the start of off-season workouts, and if he gets his way, he'll never step foot in the team's training facility again. "The Denver Broncos confirm that Jay Cutler has requested a trade," spokesman Jim Saccomano told The Associated Press yesterday. Cutler is upset the Broncos tried to trade him for quarterback Matt Cassel last month.

NHL A record performance by Martin Brodeur has earned the New Jersey Devils goaltender the NHL's first star of the week. Brodeur tied Patrick Roy as the league's all-time victories leader and helped the Devils

Brodeur

post a 3-0-0 record with a 1.67 goals-against average and .943 save percentage. Calgary's Olli Jokinen and Sidney Crosby were named second and third stars. Brodeur can break Patrick Roy's NHL career record for wins tonight.

MLB Jed Lowrie hit one of Boston's three homers off Roy Halladay and the Red Sox beat the Toronto Blue Jays 6-4 in Grapefruit League action yesterday. Jeff Bailey and Chris Carter also connected against Halladay, who allowed four runs and eight hits in five innings. Travis Snider hit his third home run of the spring for Toronto.
METRO NEWS SERVICES

Raps cat meat

NBA RESULT

Raptors 86 **Bobcats** 112

Gerald Wallace scored 25 points and the Charlotte Bobcats began an important week for their playoff hopes by beating the Toronto Raptors 112-86 last night to snap a three-game losing streak.

Chris Bosh had 18 points and 14 rebounds for the sloppy Raptors, who committed 24 turnovers and lost for the eighth time in nine games.

A day after their most lopsided win of the season against Indiana, the Raptors put up little resistance, falling behind by 14 at halftime and 19 in the third quarter. THE ASSOCIATED PRESS

STREETER LECKA/GETTY IMAGES

Chris Bosh is trapped by Emeka Okafor and Boris Diaw.

CSA denies Mitchell is moving

DUANE ROLLINS
for Metro Canada

The Canadian Soccer Association may be looking for a new head coach of the men's national team.

Information began circulating late Sunday within Canadian soccer circles that suggested Dale Mitchell was being relieved of his position as head coach and would be reassigned within the CSA. Although the CSA is currently denying the story, the news reflects the growing discontent with Mitchell.

In the past, several players have spoken out against Mitchell. Last October, Canadian international Rob Friend told a German magazine that he may not be willing to play for Canada again so long as Mitchell is in charge. "It's exhausted me and got me nowhere," Friend said. "I don't see any future for myself at Canada with Dale Mitchell in charge."

Mitchell

Others, including Toronto FC's Jim Brennan, have spoken out since, saying they may not play again without a coaching change.

Mitchell led the national team to its worst showing in World Cup qualifying since the current format was introduced for the 1998 cycle. Speaking off the record yesterday, multiple sources confirmed Mitchell's change of post.

"They are going to make him work for the money they still owe him," one person close to the situation was willing to say. "They don't want to use the word 'fired' to describe what's happening. They don't want to embarrass Dale."

Mitchell has two years remaining on his contract, which pays him in the range of $500,000 a year.

The CSA is steadfastly denying all rumours. Board of directors member Vincent Ursini said he had no knowledge of a coaching change. "I am sure I would have been informed prior to such action taking place," Ursini said in an email.

CSA communication director Richard Scott was also firm in his denial. "Dale is our men's head coach," he said.

The CSA board of governors is meeting this week in Ottawa.

Olympian to astronaut?

PEOPLE A former Olympic kayaker is one of 16 people selected out of more than 5,000 applicants to be Canada's newest astronauts. The Canadian Space Agency's astronaut recruitment campaign garnered 5,351 applications, and that field has now been narrowed to 16 people. One of them is former Olympian Peter Giles, who lives in Halifax. Giles was a

Giles

member of the Canadian team that finished seventh in the four-man 1,000-metre kayaking event at the 1996 Atlanta Olympics. Giles, who was the assistant chef de mission for the Canadian team at the 2008 Beijing Olympics, holds a PhD in applied physics from Stanford University. The space agency will now conduct interviews and intensive medical tests before choosing the two newest members of Canada's Astronaut Corps in May.

Iraqi fan kills soccer player

SOCCER Police say an Iraqi soccer player was shot dead just as he was about to strike what could have been the tying goal in a weekend game south of Baghdad. Police say a striker from an amateur team had only the goalie to beat during a match when a supporter of the rival club shot him in the head in the final minute of play.
THE ASSOCIATED PRESS

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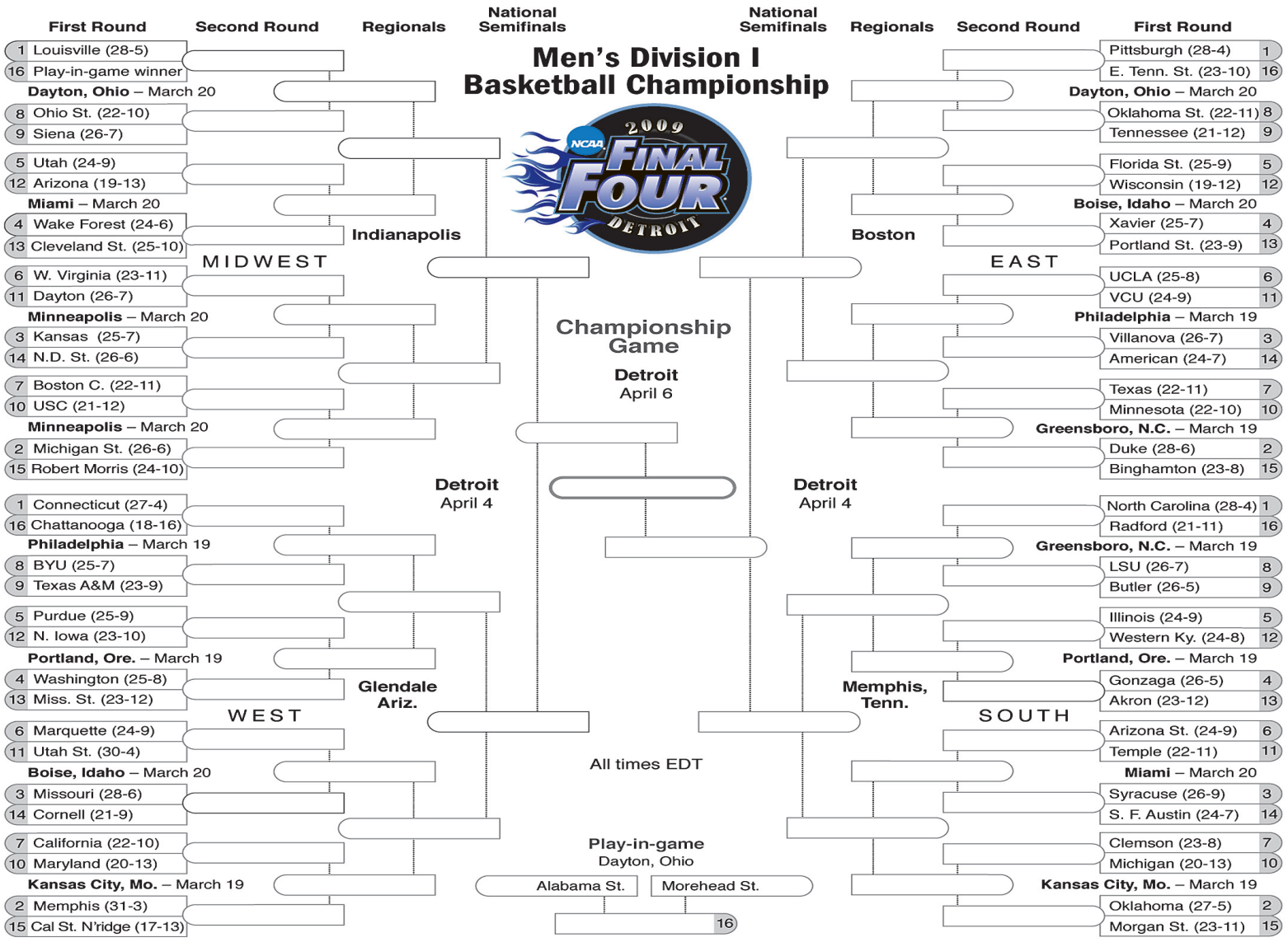
Jackson T'd out

Stephen Jackson of the Golden State Warriors was suspended one game without pay by the NBA yesterday for receiving his 16th technical foul this season Sunday against Phoenix. THE ASSOCIATED PRESS



AP

Tar Heels go in as Vegas favourite

NCAA Nevada sports books have picked North Carolina as a slight favourite to win the NCAA tournament this year, assuming point guard Ty Lawson is OK to play. Oddsmaker Dan O'Brien of Las Vegas Sports Consultants says the Tar Heels will likely get 5-2 odds in many books, or may be 2-1 favourites in casinos where many bettors have gambled on them. North Carolina is a 4-to-1 choice, according to Keith Glantz and Russell Culver. THE ASSOCIATED PRESS

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NHL

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Nashville at Los Angeles

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N.Y. Rangers at Montreal
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Atlanta at Pittsburgh
Washington at Florida
Philadelphia at Detroit
Colorado at Minnesota
St. Louis at Edmonton
Dallas at Vancouver
San Jose at Phoenix

NBA

YESTERDAY'S RESULTS

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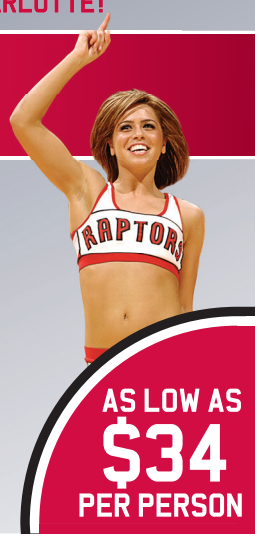

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McGill student injured in lab explosion

A McGill University student was sent to hospital with minor injuries to his face recently after his chemistry experiment exploded, resulting in the evacuation of the Otto Maass Chemistry Building. METRO NEWS SERVICES

Workology

Job fair Thursday

The Toronto Centre Employment Resource Centre has announced its first ever job fair Thursday, March 19. Doors Open at 10 a.m. at 21 St. Clair Ave. E., Suite 600. Attending the Job Fair will be Home Depot, Community Living Toronto, Starbucks, Katimavik, Thales, Certified General Accountants of Ontario, Armed Forces, Bruce Duncan and Associates, TD Canada Trust (Bilingual) and T-Linc. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

One-in-five late to work once a week

RESPONSIBILITY Does your morning routine typically include hitting the snooze button and scrambling to get out the door?

A recent CareerBuilder.com survey found that 20 per cent of workers said they arrive late to work at least once a week, up from 15 per cent in last year's survey. One-in-ten (12 per cent) said they are late at least twice a week.

Actual reasons for coming in late vary from worker to worker, but traffic was the main culprit with one-third (33 per cent) of workers claiming it caused their tardiness.

Nearly a quarter (24 per cent) said lack of sleep, while 10 per cent said getting their kids ready for school or day care was the main reason.

Other common reasons included public transportation, wardrobe issues or dealing with pets. METRO NEWS SERVICES

Loving partnership in both life and business

RAFAEL BRUSILOW
for Metro Canada

Mixing love and business might seem risky but for one Toronto entrepreneurial couple, it's a winning combination.

A high school fashion show brought Justine Shoolman, 27, and Shehan Jinapriya, 29, together but a powerful bond of love and a shared ambition has kept them together, both as soul mates and business partners, for almost 11 years.

The couple launched Shine Dance Competitions in 2002 together to create a venue where individual dancers and dance groups could compete in a fair, organized and fun setting; this year marks Shine Dance's seventh season.

They have also just launched another business, Copyright Creators, to let artists protect their intellectual property in an easy, fast and cheap way online. The couple runs both businesses right out of their Toronto apartment, letting them spend plenty of quality time together and share every daily meal at their dining room table, which doubles as their boardroom table.

"We get twice the productivity working together. Any weaknesses I have, she compensates for and vice versa," Jinapriya said.

The couple says the key to their happy partnership is being able to separate their business personas from who they are as people.

"In our relationship we're both Type B people but in business we're both big Type As," Shoolman said.

Making "relationship time" has helped keep them close as well — the couple makes sure to go on dates regularly to keep the romance alive. Longer business trips frequently turn into mini-vacations: The couple recently spent a whole month in California alternating board room jaunts with sight-seeing together.

Times weren't always easy, however. Somewhere around the third or fourth year of their relationship, the going got rough as the pressures of running a business got in the way of their love.

"We started to not like each other — we were always in business mode. We had to figure out there were two relationships, a business and a personal one, and keeping them separate is important," Shoolman said.

The couple says learning to treat each other with respect, even when they disagree, and being able to lean on each other during tough times has been the secret to staying together both in love and business.

"Always apologize when you're wrong and let go of what's happened in the past. You really have to support each other," Jinapriya said.

As for the future, wedding bells are finally in order as the couple plans to marry next June in Mexico. The exchange of vows will put a cap on a fairy-tale relationship that seems to continually beat all the odds.

"Even to this day, I'm amazed we're able to do it all and both have so much fun," Jinapriya said.

RAFAEL BRUSILOW/FOR METRO CANADA

Justine Shoolman, 27, and Shehan Jinapriya, 29, have learned to mix their relationship and their business for the last 11 years.

Tips for biz

Justine Shoolman and Shehan Jinapriya's tips for a happy melding of marriage and business:

- Keep your work and relationship time separate;
- Never stop treating each other with respect;
- Find out what each other's strengths are and then let each other take command of that aspect of the business;
- Make time to love each other and do things couples do, like going on dates;
- Always remember what draws you to each other: "I love how loving she is — that's something I aspire to as well," Jinapriya said. "His passion is unbelievable — it's very inspiring," Shoolman said.

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Electronic acceptance letters?
Like many U.S. colleges, some Canadian institutions are experimenting with email to notify applicants of admissions. Both Mount Allison and Carleton universities email students a heads-up that a decision has been made. METRO NEWS SERVICES

It's so hard to email goodbye

When Jim Neill got laid off, he sent around a farewell email with a subject line designed to get people's attention: "Free food in the employee lounge."

Then Neill, who had been with the National Association of Manufacturers for years, left 'em laughing.

"These are tough times and with a young family I'm hunting for employment," he wrote, "but you'll be pleased to know I've also begun work on my long-delayed book and instructional DVD 'Rhymes with Truck: How to Use Profanity in Every Sentence.'"

"Don't show any bitterness. Don't complain. Just be positive." Donna Flagg

There's an art to the goodbye emails flooding inboxes as a result of massive layoffs. A few, like Neill's, are laugh-out-loud funny. Some are bitter flame-outs. Some read like brief memos or mysteries with no explanation of the move; others are like lengthy Oscar speeches thanking co-workers.

Whatever the tone, they are everywhere; many Canadians were either laid off recently or left their jobs for greener pastures.

In the days before company email distribution lists, the task of letting friends and colleagues know about your departure was primarily done by phone or through an inter-office memo written by Human Resources.

With the wider reach of email and more casual messages comes some danger: An email will last longer and may pop up into the inbox of unintended recipient.

Lawyer Shinyung Oh's angry goodbye quickly made rounds of legal blogs. Oh was let go from the Paul Hastings law firm's San Francisco branch six days after having a miscarriage. She wrote a blistering email accusing the firm of heartlessness, and sent it to all her colleagues.

"If this response seems particularly emotional, perhaps an associate's emotional vulnerability after a recent miscarriage is a factor you should consider the next time you fire or lay someone off," she wrote.

Oh has since started her own blog but declined to comment on the incident.

Truly angry flame-outs are a rarity for that reason — most people understand they will whip through the ether at breakneck speed. One scathingly funny goodbye that has been posted on blogs around the world with the subject line "So long, suckers! I'm out!" turns out to be a hoax, written by comedy writer Chris Kula.

Make sure you that you won't regret you post-layoff email goodbye.

"For nearly as long as I've worked here, I've hoped that I might one day leave this company," the mock kiss-off reads. "And now that this dream has become a reality, please know that I could not have reached this goal without your support."

Experts warn against real displays of such anger over concerns that it could hurt a future job search. Many caution against even a hint of negativity.

"Don't show any bitterness. Don't complain. Just be positive," says Donna Flagg, a workplace expert and president of The Krysalis Group, a business and management consulting firm in New York.

At its simplest, the email only needs to let friends and colleagues know you're leaving and how to reach you. A goodbye handled properly can even help with the job search.

When Kristin Brown lost her job at a mid-size PR firm due to downsizing, she spoke highly of her former employer, attached her resumé and asked her contacts to keep her in mind for any openings, "because, let's face it, I've become quite attached to having a roof over my head!"

The letter seems to have helped; she's landed several leads and interviews through her former co-workers.

Neill, who joked about free food in the office lounge, sent a separate, more formal email to outside business contacts, but wanted to lighten the mood inside the office.

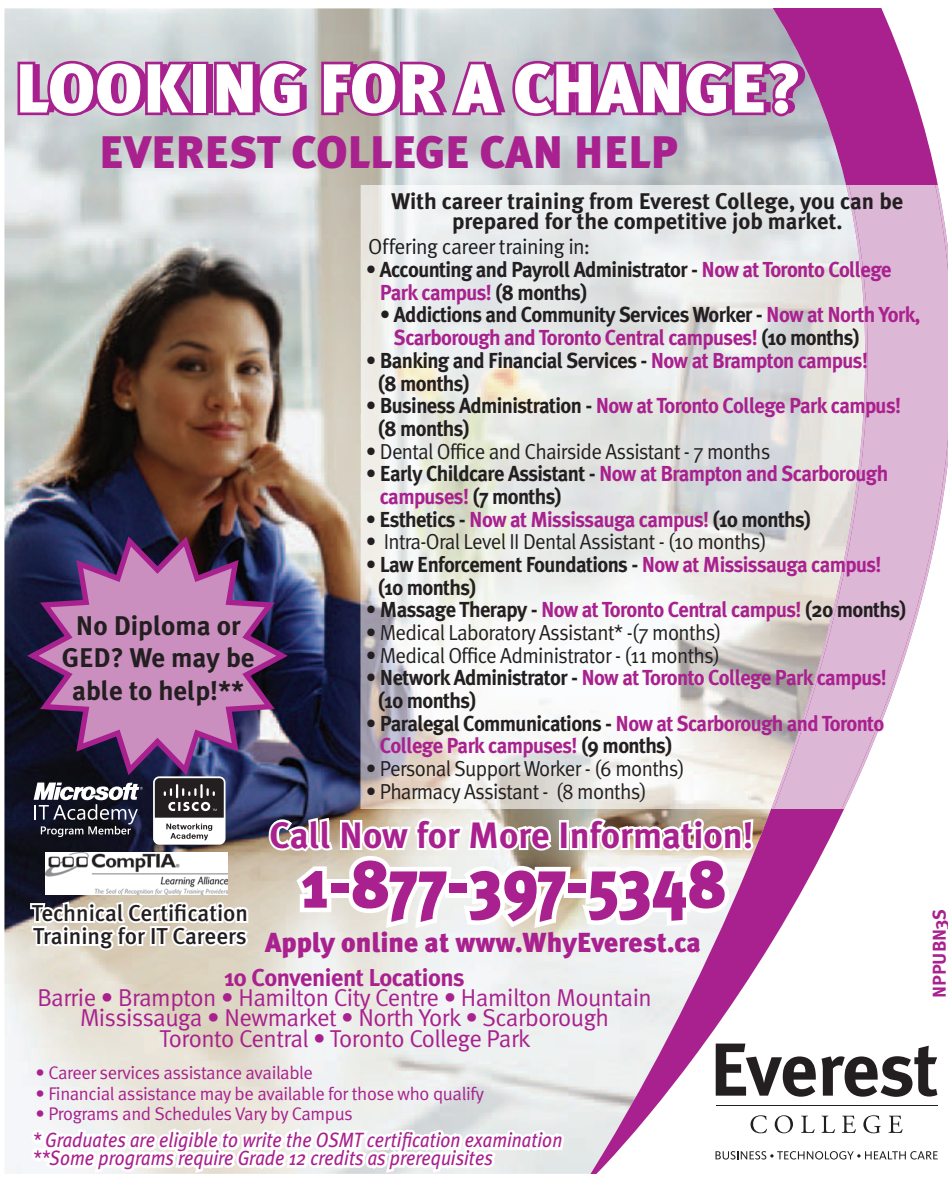
"There was a lot of tension in the air," says Neill, who has since landed a job as vice-president of product safety for the Retail Industry Leaders Association. "I wanted people to feel comfortable saying goodbye. I didn't want anyone walking on eggshells around me. Humour seemed the best way to do that."

THE ASSOCIATED PRESS

Graceful

Leaving a job? Here are tips for writing a farewell email from workplace and business etiquette experts Donna Flagg and Colleen Rickenbacher:

- Be graceful, positive and appreciative. Thank everyone for the experience. "I realize a lot of people aren't happy to be writing these emails," Flagg says. "Suck it up and find something positive to thank people for. These things follow you. You want to remain the consummate professional."
- One size does not fit all. Think strategically about who you're sending it out to and what's appropriate for that audience.
- Avoid sharing too much information. Don't feel like you need to explain what happened or what went wrong.
- But it's OK to explain why the position was eliminated if it is not performance-based.
- Write the email when you're in a good frame of mind and then think about it overnight. "If you read it five years from now, you don't want to wonder what you were thinking."



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EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Soluble: Your other fibre friend

Those who struggle with genetically high cholesterol need both types

JANINE FALCON
for Metro Canada

Brenda Strong is a long-time vegetarian and yoga instructor (an actress too — she is Mary-Alice Young on Desperate Housewives). Given her healthy lifestyle, Strong was shocked when a checkup revealed elevated cholesterol levels.

"My doctor told me to cut out red meat and start exercising, but I was already on top of all that," she says.

Turns out a fibre supplement was the solution to Strong's health dilemma. In 30 days of regular use, her cholesterol readings dropped significantly. But why? Because the supplement is a source of psyllium, a soluble fibre. Yup. Soluble.

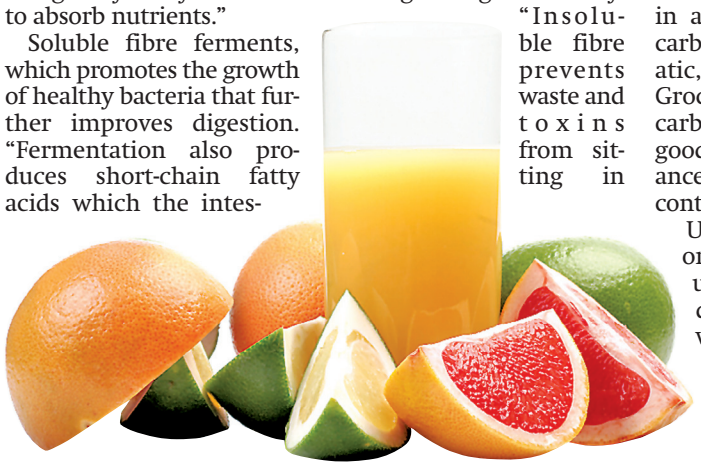
"My doctor told me to cut out red meat and start excercising, but I was already on top of all that."
Brenda Strong, actress, vegetarian and yoga instructor

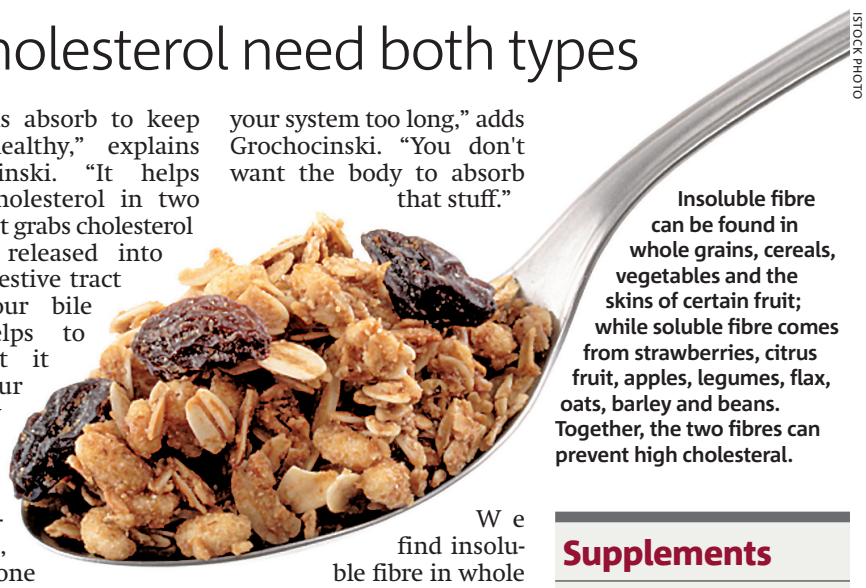
A survey by Metamucil and Ipsos Reid suggests that 96 per cent of Canadians know that fibre is part of a healthy diet — but only 49 per cent know exactly what and how much fibre they need. Most people think they need bran and maybe some broccoli. Few, however, including those like Strong who struggle with genetically high cholesterol, know we need two types of fibre: insoluble and soluble.

"Insoluble is bulk or roughage. Largely indigestible, it ushers food through the intestinal tract efficiently and quickly," says Jennifer Grochocinski, a doctor of naturopathic medicine at Continuum Wellness in Toronto, and Meridian Wellness in Richmond Hill. "Soluble fibre has all the blood-sugar and cholesterol-lowering properties," she says. "Combined with water it forms a gel, which helps slow digestion, so you feel fuller longer, and gives your system time to absorb nutrients."

Soluble fibre ferments, which promotes the growth of healthy bacteria that further improves digestion. "Fermentation also produces short-chain fatty acids which the intestine cells absorb to keep them healthy," explains Grochocinski. "It helps lower cholesterol in two ways: 1) It grabs cholesterol that is released into your digestive tract with your bile and helps to transport it from your body through your bowel movements, and 2) one of the short chain fatty acids produced from the fermentation tells the liver to decrease the amount of cholesterol it produces."

Simply put, soluble fibre does all the complex work; insoluble fibre keeps things moving along efficiently. "Insoluble fibre prevents waste and toxins from sitting in your system too long," adds Grochocinski. "You don't want the body to absorb that stuff."





ISTOCK PHOTO

Insoluble fibre can be found in whole grains, cereals, vegetables and the skins of certain fruit; while soluble fibre comes from strawberries, citrus fruit, apples, legumes, flax, oats, barley and beans. Together, the two fibres can prevent high cholesteral.

We find insoluble fibre in whole grains, cereals, vegetables and the skin of certain fruit. We can get soluble in strawberries, apples, citrus fruit, legumes, flax, oats, psyllium, barley and beans — conveniently some of these also contain insoluble fibre. Most of us can get enough in a balanced diet. "Low-carb diets can be problematic, though," warns Grochocinski. "Fibre is a carbohydrate, but it's a good one." And FYI, a balanced high-fibre diet helps control weight.

Unless we want to bloat or get gassy, we need to up intake slowly and drink two litres of water per day (try herbal or green tea if water doesn't appeal).

Supplements

• Do we need fibre supplements such as Metamucil or Benefiber? "If you're dealing with a medical condition, you need something with a therapeutic dosage higher than you can get through a good diet," says Jennifer Grochocinski, a doctor of naturopathic medicine at Continuum Wellness in Toronto. "But most of the time, I just have patients add a tablespoon or two of freshly ground flax seed to their diet — cheap and effective."

JANINE FALCON/ FOR METRO CANADA

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Southern Canadians more active
Northern Canadians weigh more and exercise less than their southern cousins, and new research suggests the growing gap between the regions could be setting up the Arctic for higher rates of chronic disease from strokes to diabetes. THE CANADIAN PRESS

Fish for nutrients

Seafood is great-tasting and high in omega-3s

LESLEY YOUNG
for Metro Canada

A diet rich in fish can help lower heart disease risk and prevent Alzheimer's and kidney disease.

Most Canadians don't eat enough fish. On average, we're about 45 grams shy of Health Canada's recommended intake of two 75-gram servings per week. So we could be doing more for our hearts.

"One of the biggest problems we have in Western culture is that we have too few omega-3 fatty acids in our diet," says William Harris, director of metabolism and nutrition research at Sanford Research, University of South Dakota, and a leading expert on fish's nutritional role. "And the benefits of eating fish — including lower heart disease risk — far outweigh any theoretical cancer risk from contaminants."

A study in the July 2008 Journal of the American College of Cardiology found that the Japanese, who on average eat 100 grams of fish per day, have half as many heart attacks as North Americans.

A diet rich in fish might also help prevent Alzheimer's disease and kidney cancer, and is essential for fetal brain development. Fish is also a great source of protein, low in saturated fat, and high in vitamins and minerals.

And it's easy to prepare. "Fish cooks so quickly, you'd have to work to make it hard," says Laura Calder, host of the Food Network's French Food at Home. "Steaming one piece takes a few minutes, and a whole fish baked in the oven takes less than half an hour."

With the help of dietitians as well as environmental and fish experts, we have picked three fish that are excellent sources of omega-3s, are low in contaminants and are delicious to eat. Frozen fatty fish — a convenient option — provide the same great nutritional value.

Fish substitute

- If you are allergic to fish or don't like the taste, you'll be glad to learn that recent research shows that fish oil capsules are an adequate substitute. Aim for 500 mg per day.

BEST HEALTH MAGAZINE

WILD PACIFIC SALMON

Includes fresh and canned chinook, king, chum, coho, pink and sockeye.

Taste: This fish has a pleasant, distinct aroma and meaty pink flesh.

Nutrients: All types of salmon are high in omega-3s, ranging from about 750 mg to 1,270 mg per 75-gram serving. They are also a good source of vitamin D, with one serving providing 100 per cent of the recommended dietary allowance (RDA) — and the bones in canned salmon provide calcium. Because contaminant risk is low, there is no limit on consumption.

Ways to serve: To add a little drama to dinner, try salmon en papillote (cooked in parchment, which is readily available in grocery stores). "It's really simple," says Calder. "Finely julienne a carrot, leek and zucchini; sauté quickly until not quite cooked; and make a bed of the vegetables on the parchment paper. Sprinkle with a little fennel seed, and place the fish fillet or steak on top. Then fold the parchment over to create a small package. Bake in the oven at 375 F for about 10 minutes. It steams in the paper and you have a whole meal in there." Calder also likes to dip a salmon fillet or steak in egg white, roll it in poppy seeds and pan-fry it.

SABLEFISH (Also known as black cod)

Taste: This mild white fish, with its large velvety flakes and sweet rich flavour, is popular among top chefs, and is sometimes called "butterfish" due to its buttery texture.

Nutrients: It is a great source of omega-3s, with 1,544 mg per 75-gram serving, and a good source of selenium (as are many fish). "Selen-ium is a trace mineral that may help protect cells from damage," says Mary Sue Waisman, a registered dietitian in Fall River, N.S., and author of Flavour First. (To be cautious, women who may become pregnant, or are pregnant or breastfeeding should eat sablefish only once a week, to avoid exposure to relatively high levels of mercury.)

Ways to serve: Fillets are best pan-fried in a little oil, skin side down. Calder's roasted red pepper sauce is a healthy way to dress it up: In a food processor, whiz up a few roasted red peppers with some sautéed onions deglazed with a splash of white wine. Add a few tablespoons of fish or chicken stock to desired consistency. Season with salt, pepper and lemon juice, and pour over fish.

PACIFIC HALIBUT

Taste: This firm white fish has a mild flavour that appeals to even fussy fish eaters, and it is highly versatile.

Nutrients: Halibut contains close to an entire day's worth of omega-3s (439 mg per 75-gram serving). "It's also low in overall fat with only two grams of total fat per serving, and it's a good source of potassium and vitamin D," says Dombrow. (To be cautious, women who may become pregnant, or are pregnant or breastfeeding should eat halibut only once a week, to avoid exposure to relatively high levels of mercury.)

Ways to serve: "You can do so much with this fish," says Calder. She likes to steam halibut steaks or fillets wrapped in Boston lettuce leaves (use a bamboo steamer or a double boiler with holes). "This dish looks really pretty."

Another option is to serve it grilled — it holds together well while cooking — and try some radish quarters and cucumber chunks sautéed in a little butter as a side dish. "Throw in a handful of fresh dill at the end," Calder suggests.

Other fish to try

Sardines, herring and anchovies are loaded with omega-3s, low in contaminants and eco-friendly, but many people don't like their strong taste. (Fresh ones are less "fishy" than canned, which can also be high in sodium.) But sometimes, it's just finding a great way to eat them. "I'm a tinned-sardine junkie," says chef Laura Calder. "I'll eat a sardine sandwich with mustard, or open a tin of kippers to eat with a mashed potato. It's perfect food for one: fast, cheap and healthy."

BEST HEALTH MAGAZINE

Prairie Naturals
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Holistic Pharmacist, RoseMarie Pierce, B.Sc.Pharm, formulated the Morning Rise & Shine drink to offer an easy-to-take alternative to her popular recipe version, see www.sunstreams.ca. RoseMarie believes that replacing the morning coffee (or sweetened and processed drinks) with the Morning Rise & Shine drink will provide the double benefit of eliminating acid-forming drinks and offer instead a health-giving alkalizing, energizing alternative. By starting the day with this healthy morning drink, you will also help to improve nutrient absorption and create lightness in your digestive process.
Customer Testimonial - I 'd heard about Morning Rise & Shine from a friend who said it gave her that needed edge so I tried it and now it's a part of my morning ritual!
G. Solomon - Winnipeg MB
Created by RoseMarie Pierce, B.Sc.Pharm, Holistic Pharmacist
RoseMarie is a highly respected lecturer, writer, and media personality within the natural health industry.

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STOP HAIR LOSS

BIO-FEN PLUS™ is a natural health product used in the treatment of hereditary androgenic alopecia *(AGA)* in adults ***(male or female pattern baldness.)***
It contains scientifically calculated proportions of extracts of fenugreek seeds, saw palmetto berries and flax lignans. Each are known to possess an inhibitor of the enzyme responsible for causing male or female pattern baldness. It also contains a mixture of B vitamins, folate and biotin to help metabolize these herbal extracts so that they are more bio-available, and to support the growth of strong and healthy hair.

What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

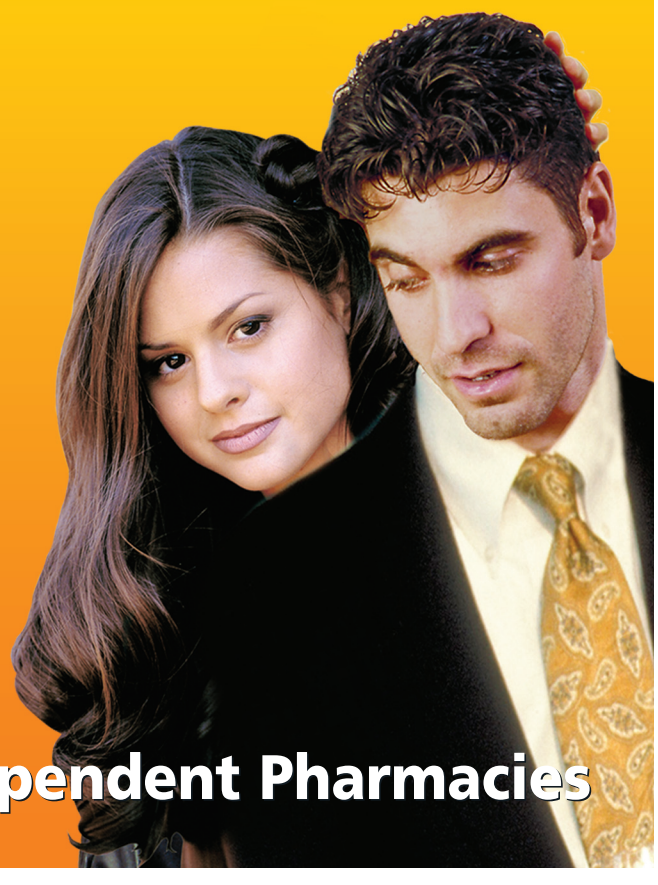
Each BIO-FEN PLUS™ *capsule contains (mg/capsule):*

Fenugreek *(Trigonella feonum graecum)* seed extract 4:1	260 mg
Saw palmetto berry extract contains 45% powder, esters & sterols	160 mg
Flax lignans, standardized to 20% secoisolariciresinol diglucoside *(SDG)*	100 mg
D-calcium pantothenate *(Vitamin B5)*	10.40 mg
Niacinamide *(Vitamin B3)*	10.25 mg
Pyridoxine HCl *(Vitamin B6)*	2.00 mg
Riboflavin *(Vitamin B2)*	1.58 mg
Folic acid	0.095 mg
Biotin	400 mcg

Non-medicinal ingredients: inert microcrystalline cellulose and vegetable-based magnesium stearate in a veggie-based capsule.

Recommended adult dose: .....one capsule per day

BIO-FEN® PLUS
www.biofen.com



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Get active and help a good cause

For the entire month of April, Brooks will donate one pair of children's shoes to the Kidsfest Running and Reading Club program with every $150 spent on Brooks merchandise at Running Room locations across the country. METRO NEWS SERVICES

March is Rosacea Awareness Month

SKIN March is Rosacea Awareness Month, a time to correct the myths on the skin condition that affects more than seven per cent of Canadians.

Primarily affecting the face, rosacea usually begins as a redness or blush on the cheeks, forehead, chin and/or nose, and affects both men and women. Though there is no known cause of rosacea, it can be effectively managed with medical treatment, proper skin care and lifestyle changes.

Roseacea triggers include a variety of elements including stress, hot beverages, red wine, spicy food and severe temperatures.

For information on early detection, diagnosis and treatment of rosacea, visit rosaceainfo.com.

(Source: skinpatientalliance.ca and rosaceainfo.com)

METRO NEWS SERVICE

Periods: Out of the closet

The J Spot

Josey Vogels

metronews.ca/thejspot

Every woman I know has her "first-period" story. I remember coming home from school the day I got mine. I was a bit of a tomboy and everyone in our "group" expected me to get it last. My best friend Kelli got it first, no surprise, she already had boobs and hips in grade seven. I told my Mom after supper, while doing the dishes. "Guess what happened to me today," I said, brimming with the excitement of proof that I really was a girl after all. "I got my period!"

"I don't get mine, anymore." After her eighth kid (me) her doctor had insisted on a hysterectomy. "You'll have to talk to your sister."

"Oh," I replied, that sinking feeling creeping right down into my now apparently fertile loins; I suddenly didn't feel so smug about my stained underwear.

My sister handed me a super-monster-jumbo tampon and left the room. I managed to get it in about halfway and spent the night uncomfortably shifting my butt around wondering what I'd been so excited about.

In the recently released My Little Red Book, 18-year-old editor Rachel Kauder Nalebuff compiles 92 short stories by women about their first period.

It's about time our "little friend," "Aunt Flo" or whatever favourite euphemistic name you were taught to give your period came out of the closet.

It's shocking really, that this thing that we put up with once a month for more than half of our lives (seven days X 12 months X 40 years = a lot) is still so taboo.

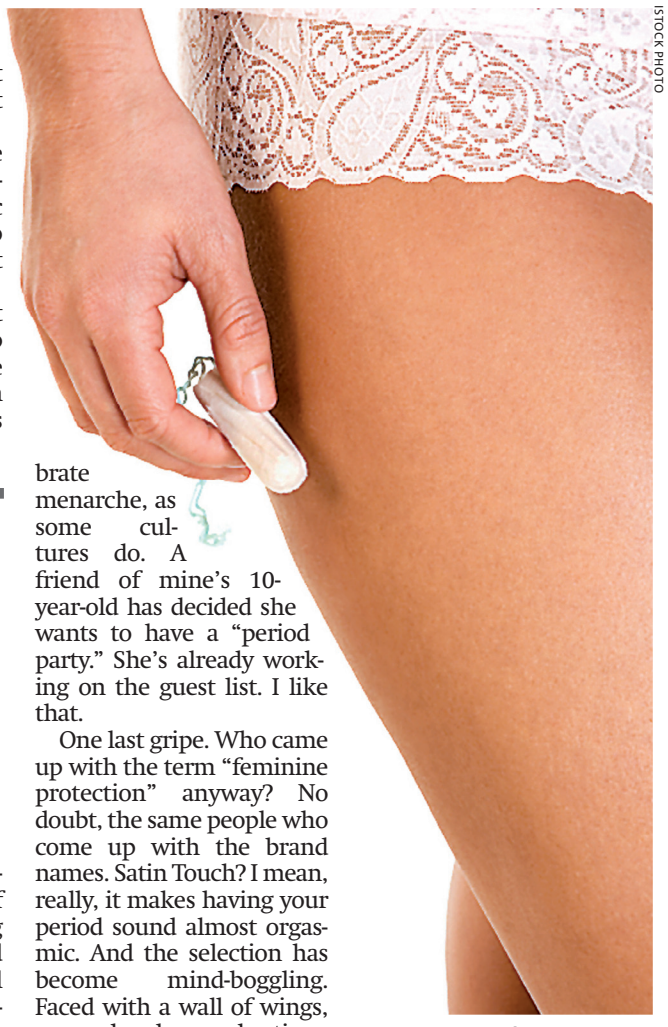
"It's about time our 'little friend,' 'Aunt Flo' or whatever favourite euphemistic name you were taught to give your period came out of the closet."

We may have come a little way from the days of viewing menstruating women as unclean or ill and the belief that menstrual blood was dangerous, unlucky and dirty. But I don't know how many times my moods or reactions have been written off because "it must be that time of the month" or how many times, when I'm really experiencing "that time of the month" in a bad way, I have been made to feel like I've got a convenient excuse.

I wish we'd learn to celebrate menarche, as some cultures do. A friend of mine's 10-year-old has decided she wants to have a "period party." She's already working on the guest list. I like that.

One last gripe. Who came up with the term "feminine protection" anyway? No doubt, the same people who come up with the brand names. Satin Touch? I mean, really, it makes having your period sound almost orgasmic. And the selection has become mind-boggling. Faced with a wall of wings, super-absorbency, day-time, night-time, heavy-flow, light-flow, unbleached, biodegradable, mini, maxi, super-maxi, super expensive "feminine protection," it's enough to make you want to cry. Then again, it could just be PMS.

(*Note to readers: Last week, I wrote that The Bachelor Jason changed his mind six months after agreeing to marry Melissa. It was actually six weeks.*)

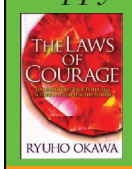


ISTOCK PHOTO

Why do many of us still consider menstruation taboo, asks our columnist.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Happy Science



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Axe tempts the sexes with latest scent

PRODUCTS You've likely seen the heavy-rotation TV ads featuring a chocolate man walking around town being licked, fondled and nuzzled by an array of entrancing women intoxicated with instant lust.

The not-so-subtle context is this: Women love chocolate. More than anything. So, to attract their attention, men must seek to emulate the mysterious qualities of the milky brown elixir.

Axe Dark Temptation: shower gel ($4.99), deodorant bodyspray ($6.99) and and deodorant stick ($4.99).

In practical terms, this means the contemporary male seeking the affections of a mate is best advised to turn himself into an Oh Henry bar. Or, at least smell like an Oh Henry bar.

The theory has been given practical expression by Axe, the youthful male body spray known for its provocative ads featuring superciliously gorgeous women suddenly reduced to swooning sex pots at a mere whiff.

A new line of Axe male grooming products — antiperspirant, deodorant, shower gel and body spray — called Dark Temptation features a distinctively chocolaty scent.

This is no mere marketing novelty, the company insists. They have polling data.

In a "global survey" of more than 3,500 women in 13 countries, almost half claimed chocolate provides them with pleasure comparable to sex.

Chocolate, they told pollsters, is their number one aphrodisiac. More than 80 per cent find it "hard to resist." And asked what they found to be irresistible, chocolate was the number one answer (69 per cent), beating out flowers, shopping, wine and sex.

The Axe Dark Temptation collection is available at most drug and grocery stores. **TORSTAR NEWS SERVICE**

Health in brief

ONLINE TIPS:

- With too-thin fashion models skewing our perception of what a beautiful body should look like, it's easy to think that the average woman is overweight. To find out if your own weight is in the healthy range, go to yourhealthyweight.ca, created by the Dairy Farmers of Canada.
- Take nutrition experts with you next time you go grocery shopping. Each information sheet from healthcastle.com is written by a registered dietitian. Click on Grocery Aisle for advice about the healthiest packaged foods and best choices for dairy, cereal and beverages. **BEST HEALTH MAGAZINE**

A 'Fresh' face

Joe brand launches beauty line

Staying true to its philosophy of offering cheap and chic, the Joe Fresh brand launched its own cosmetics line, aptly named Joe Fresh Beauty, this month.

The inaugural collection features several key makeup products, including cream foundation, pressed powder, cheek tint, fine tip liquid eyeliner, mascara, brow pencils, lipstick, moisturizing lip tints and more; all ranging in price from $4 to $8.

In total, the collection offers more than 60 shades for lips and eyes, including an array of neutrals and other colours suitable for women of all ages and ethnicities. For instance, foundation in liquid, cream and power forms come in nine different colours with three light, medium and dark options to choose from.

To accompany the new cosmetics, Joe Fresh Beauty also offers brushes and other accessories such as emery boards, blotting papers, compact mirrors and manicure/tweezer kits for between $2 and $16.

"The approach we've used with the fashion collection translates beautifully to cosmetics," Joe Mimran, creative director for Joe Fresh Style, said in a recent statement. "We want to dress our customers from head to toe and that includes makeup. For us, it's always about value, style and quality."

Joe Fresh Beauty products are available in more than 250 Real Canadian Superstores across Canada. Find a location near you by visiting joe.ca/en/beauty. **METRO NEWS CANADA**

Check out the new cheap and chic Joe Fresh Beauty products, from top: cheek tint, $4, brow pencil, $6, and eye shadow singles, $4 each.

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Responsible drinking

Safety guidelines to enjoying a green pint this St. Paddy's Day

CELIA MILNE
for Metro Canada

Planning on partying tonight? There's nothing like St. Patrick's Day to bring out the honorary Irish, thirsty for green pints or even green martinis.

Take it easy, warns an alcohol and addictions expert. "I would say this is an occasion when binge drinking occurs," says Dr. Robert Mann. Metro asked him about the possible dangers of extreme St. Patrick's Day drinking.

Everyone knows that the more you drink the more it will affect your reaction time, ability to see properly, speech and memory. But what many young people on a tear don't take into account is the high risk of injury from drinking. Alcohol-related injury is the number one cause of death in late teens and early 20s, says Mann, who is a senior scientist at the Centre for Addiction and Mental Health in Toronto and director of the Collaborative Program in Addiction Studies at the University of Toronto.

TORSTAR NEWS SERVICE

When celebrating the Irish tonight, try to avoid binge drinking, advise addiction experts.

For people between the age of 15 and 19, 70 per cent of deaths are due to injuries. About half of those cases are related to alcohol.

"Younger people tend to drink larger amounts on fewer occasions, whereas older people tend to drink smaller amounts on more occasions."

What is considered safe? Low-risk drinking guidelines suggest that people have no more than two drinks a day. For men, it is probably OK to have 14 drinks a week, and for women nine. But it's best to spread these out over the week. "This doesn't mean 14 drinks on Friday night," says Mann. "The risk of harm is a lot more if you save them up."

Is Generation Web 2.0 more into alcohol than their parents were? The answer is no. "If you go back 20-30 years, levels of drinking and drinking-related problems were higher. We have made some good progress," says Mann.

But binge drinking is worse. "In the last few years this binge pattern may be increasing both in young people and adults," he says.

If you're off to a bar or party tonight looking like a leprechaun, moderate your risk by drinking non-alcoholic beverages in between alcoholic ones and by eating while there, suggests Mann.

Calcium, protein should be taken in conjunction: study

CELIA MILNE
for Metro Canada

A recent study found that taking more calcium only protects against fractures if women also consume protein.

RESEARCH Women have always been told to take extra calcium to reduce the risk of osteoporosis, especially as they get older. But a comprehensive study has found that consuming lots of calcium does not reduce your risk of fractures. In fact, it might increase your risk of breaking a bone if you don't eat enough protein.

Researchers at the Centers for Disease Control in the U.S. interviewed 2,006 women over the age of 50 about their eating habits and use of supplements. The study took place from 1999 to 2002. Results showed that total calcium intake has no effect on the risk of fracturing a hip or wrist.

The study found that taking more calcium only protects against fractures if women also consume lots of protein — greater than 70g per day. Without enough protein, extra calcium is actually somewhat harmful. "Our analysis showed that higher total calcium intake was significantly associated with an increased risk of fracture if protein intake was low," Lina Balluz told Metro. Balluz is acting chief of the surveillance branch, division of adult and community health at the Centers for Disease Control and Prevention in Atlanta, GA.

Further study is necessary to figure out the optimum amount of calcium and dietary protein for women, she added. The study will be published in a 2009 issue of the journal Nutrition.

TORSTAR NEWS SERVICE

Time to throw out forgotten foods at the back of your fridge.

To eat or not to eat? Tips to cleaning out the fridge

NUTRITION Now's the time when many Canadians get the itch to organize their homes — and that often includes a good clean-out of the kitchen fridge.

But what food items are still safe to eat and what should be chucked can be a confusing task.

"We always have this expression that's used in the food area, that, `When in doubt, throw it out,"' says Massimo Marcone, a food scientist at Ontario's University of Guelph. Still, he says, there are a few rules that can help people gauge how long various food products are safe to eat.

Foods packed in oil, such as sun-dried tomatoes, can last a year because bacteria don't grow well in oil, Marcone says. But it's crucial that any foods be kept below the oil line.

Margarine can last four to five months in the fridge; butter lasts about four months refrigerated, although it may get an unpleasant-tasting surface oxidation, which he says can be scraped off.

As for jams and jellies, the acidity of the fruit and the sugar content act as preservatives that should keep them edible for up to eight months.

Condiments that contain vinegar, such as pickles and relish, should also maintain their quality for at least two months, says Marcone.

THE CANADIAN PRESS

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Twins for Sheen
Two and a Half Men star Charlie Sheen and wife Brooke Mueller Sheen welcomed twin boys Saturday night. The children, named Max and Bob, are the first for the couple, who married in May 2008. **PEOPLE.COM**

Entertainment

Rescue Mission

Eonline.com is reporting that G.I. Joe star Channing Tatum may be rescuing pop star Rihanna in a new version of the Whitney Houston film The Bodyguard.

METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Music meltdown

Artists, labels feeling pinch of recession

BRYAN BORZYKOWSKI
for Metro Canada

PHOTO: HANDOUT

Musician Martha Wainwright is dead serious about the pain the recession is causing artists like her.

"I'm feeling this depression," said Montreal and New York-based musician Martha Wainwright in December, before embarking on a Canadian tour.

"No one's buying records anymore; we'll have to go back to the life of a touring artist in the '30s, where they'd sleep upright on a school bus and go from town to town."

While Wainwright might be joking about the school bus, she's dead serious about the pain the recession is causing her, and the entire music industry in general. CD sales have been dropping for years now — Canadian physical sales declined 8.5 per cent in 2008 — but with more and more music fans tightening their belts, this economic downturn could spell the end of the traditional music industry as we know it.

"The recession will accelerate the demise of physical retail and it may increase peer-to-peer traffic," says New York-based analyst Aram Sinnreich. "File sharing is for people who have more time than money."

"Unfortunately, you'll see a lot more economic decisions as opposed to artistic decisions," adds Graham Stairs, vice-president of Toronto's Finkelstein Management.

That means many bands will be left in the lurch as major labels choose to go after the sure economic bet. Stairs says one way the big labels will try to stay afloat is by reissuing albums and encouraging their already successful bands to stick to their tried and true formulas.

"You'll see a lot more economic decisions as opposed to artistic decisions."
Graham Stairs, Finkelstein Management

Another way the majors will attempt to get the most bang for their bucks is by signing artists to "360 deals," a contract which gives the label a portion of CD and ticket sales, merchandise, and whatever else makes a band money.

"The legacy businesses are going to have to reorganize around the new reality," says Sinnreich. "They'll focus on business-to-business models, converting legacy contracts to 360 deals coordinating between distribution, marketing, tech, and legal to a degree they haven't in the past."

Indie labels don't have the resources to sign artists to multi-million deals, but what they do have is an entrepreneurial spirit that's key in any economic downturn. Stairs says many Canadian labels have had to be "mean and lean" in pre-recession days, so they're already prepared to operate on a thin budget.

Riding the Recession

Sinnreich agrees that indies are well positioned to survive a recession. "They're not stuck inside of a blockbuster economy, spending millions to make millions," he says.

Still, indie bands and labels are suffering. Stairs says that he recently had a deal fall through for one of his artists after the U.S. label president told him, "I'm taking the deal off because of the economy."

In the U.K., Pinnacle, one of the country's largest independent distributors, went out of business in December, which could force many British indie labels out of business.

"The new economic reality is certainly going to weed out the weaker indie labels who don't have a firm grasp on their business model," says Stairs, adding we might see more independent company's merge or engage in joint ventures with other, non-music, industries.

Connecticut's Gold Coast braces for Springer

GETTY IMAGES

Jerry Springer

Connecticut's Gold Coast, a bastion of suburban perfection, including both Martha Stewart and the Stepford Wives, is about to become home to Jerry Springer's bawdy TV show, which features wife swappers, strippers and skinheads.

Subject to negotiations, Springer's show will move from Chicago this summer into the new production studio at the Rich Forum Theater in Stamford, about 50 kilometres from New York City and next to one of the region's largest and oldest Catholic churches. The pastor says he plans to talk to church lawyers to see if they can stop the plan after hearing complaints from parishioners, including one who called the show "low-brow."

"They didn't think this was the right place for it," said Rev. Stephen DiGiovanni of St. John's Catholic Church. "I'm not very thrilled about it."

Fairfield County is one of the country's richest regions and inspired the classic film The Stepford Wives in which the men in a seemingly perfect town find a way to turn their spouses into beautiful, compliant housebound robots. Stewart's television show focusing on fine living was filmed for many years in nearby Westport.

Springer, the former mayor of Cincinnati, shows the seedier side of life with a show known for profanity, fistfights, cheating spouses and incestuous relationships. Many of the guests are from low-income backgrounds and reinforce negative attitudes about the poor, DiGiovanni said.

"Springer is making millions on other peoples' misery and stereotypes," DiGiovanni said.

THE ASSOCIATED PRESS

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With Jennifer Aniston and John Mayer calling it quits once again, people.com is asking who the actress should date next. The choices: George Clooney, Justin Long, Robert Pattinson, and John Mayer — again, for a third try at love. **PEOPLE.COM**

Obama's style revolution

STYLE First, everyone was talking about how Michelle Obama was bringing more fashion to the White House with insider labels and youthful looks.

Then came the chatter about her being less formal, wearing all those sleeveless dresses and baring her famously toned arms. Together, those sides of Obama — fashion-conscious and unstuffy — make her both a designer muse and an everywoman.

Truth be told, Obama's much-discussed bare arms aren't revolutionary; but with all the gloom-and-doom economic news out there, Obama seems to have hit fashion's sweet spot with looks that are fresh but not showy, a sensibility designers mimic in recent fall collections.

"What's special about her is she has modern glamour."
Mandi Norwood

The first lady's clothes tend to be colourful and classic, with some very modern accessories thrown in. In her first official portrait, she wears a black racer-back dress by Michael Kors, adorned with small earrings, a double strand of pearls and a Cartier tank watch.

"What's special about her is she has modern glamour. You can imagine her having a lovely breakfast meeting or cocktails. She doesn't wear dark pants and old sweater by day and wear over-the-top gown at night," says Mandi Norwood, whose book Michelle Style: Celebrating the First Lady of Fashion will be published by HarperCollins/Avon in May. "She can carry through in that 24-hour way that most women do."

Obama picks things that women can imagine themselves wearing. She varies her look daily, wearing the same garments repeatedly, tweaking the outfit with new accessories — something that women not married to the president do.

THE ASSOCIATED PRESS

STEVE RUSSELL/TORSTAR NEWS SERVICE

Robin Kay, president of the Fashion Design Council of Canada, started fashion week ten years ago at the Windsor Arms hotel.

Running the show

All eyes are on fashion diva Robin Kay to see whether she'll slip up again

Robin Kay is buzzing around the big white tents in Nathan Phillips Square. With just hours to go before she calls showtime on her 10th annual fashion week in Toronto, her eyeliner looks like it's on day three.

There's not much bossy-lady in her appearance, but inside the tents, where more than 100 workers and volunteers are scrambling, there's no doubt Kay, president of the Fashion Design Council of Canada, is in charge.

"Get off the runway!" Kay hollers to two tech guys in workboots who are plodding down the white landing strip recently laid in the middle of the tents.

The two jump off the slip like they were walking barefoot on hot coals. They turn around and smile nervously, apologetically.

With less than 48 hours to go before the start of LG Fashion Week, the space on Saturday afternoon looks like a banquet room after a frat party. Coffee table bases are lying on their sides. Chandeliers are on the floor. The carpet is covered in lint, dust and industrial staples. Every other person has a paintbrush or a hammer in their hand.

"We're right on schedule," Kay assures.

For a decade now, the woman who gave this city a fashion week to call its own has been as much of a spectacle as the show's local designers and models.

The former clothing designer, retailer, recovering addict has been known to run herself into the ground directing the biannual event. Last fall, on opening night, she slipped up in a very public way, delivering an incoherent speech on the runway. The incident made headlines and Kay made an apology.

Many of the fashion Twitterati will be watching her, hoping she'll say something inappropriate for them to tweet about on their BlackBerrys. The design council is still behind her, after Kay that "strictly assured the board it will not occur again."

She may be walking on eggshells but she has not spent the past few months acting like it.

Despite the economy, she says she recently signed multi-year contracts with several fashion week sponsors, increased the amount of space in the 40,000-square-foot tents and reduced the cost of the electricity budget by two-thirds. **TORSTAR NEWS SERVICE**

Today's runway shows

- Ula Zukowska, 3 p.m.
- Travis Taddeo, 4 p.m.
- Zoran Dobric, 5 p.m.
- Joeffer Caoc, 6 p.m.
- Lundström, 7 p.m.
- Bustle, 8 p.m.
- The Heart Truth Fashion Show, 9 p.m.

(All shows take place in the Nathan Phillips Square tent)

Jury duty
Russell Banks, Victoria Glendinning and Alistair MacLeod will make up the jury for this year's Scotiabank Giller Prize. The award, worth $50,000, celebrates outstanding novels and short story collections. The winner will be revealed Nov. 10. THE CANADIAN PRESS

Branagh reinvents Mozart opera

CHRIS ALEXANDER
for Metro Canada

Celebrated actor/director Kenneth Branagh is admired around the world for his bold silver screen presentations of literary classics.

From lavish mountings of Shakespeare — the Oscar-nominated Henry V and the epic Hamlet among them — to his hyperkinetic and unapologetically Gothic version of Mary Shelley's Frankenstein to his update of Anthony Shaffer's thriller Sleuth, Branagh has fashioned a reputation as the most notable and tireless purveyor of popular highbrow filmmaking since Orson Welles.

His latest effort, a restaging of Mozart's signature opera The Magic Flute (opening in limited release this Friday) is another attempt to bring culture to the mainstream, but with a twist.

Branagh's The Magic Flute transposes the opera's mythical setting to the bloody battlefields of WW1 and, with the help of British humorist Stephen Fry's new libretto, alters the language from German to English.

"The history of The Magic Flute places it everywhere. I've seen it set on the moon, on the beach, in the '60s. It's the most elastic work of art and absolutely demands directorial interpretation."
Kenneth Branagh, actor/director

But although the film — which was completed in 2006 and played that same year at both Cannes and the Toronto International Film Festival — is nothing short of breathtaking and cinematic, theatrical distribution has been spotty and the film has disappeared into the DVD abyss in Europe.

"It's been a tough sell," Branagh says. "People are finding it hard to categorize. But it hasn't totally fallen through the cracks by any means and it has slowly developed a loyal audience around the world."

The film is indeed a full throttle opera, perhaps the most widely loved in Mozart's cannon, and is full to the bursting point with digitally tweaked visual and aural bravado.

GETTY IMAGES
Kenneth Branagh has offered a unique movie re-staging of Mozart's signature opera The Magic Flute.

But its wartime setting (the Queen of the Night makes her entrance riding a marauding tank and her three servants appear as bosomy trench nurses) is admittedly strange. And while some purists may have trouble embracing this unique revamp, the director stands by his vision.

"As was true of my Shakespeare films, nobody can ever point to me and say that's the way to do it," Branagh says.

"The history of The Magic Flute places it everywhere. I've seen it set on the moon, on the beach, in the '60s. It's the most elastic work of art and absolutely demands directorial interpretation."

Dora character growing up too fast?

TELEVISION When toy maker Mattel, working with Nickelodeon, announced earlier this month that a "tween" version of Nick's beloved Dora the Explorer cartoon character would be unveiled in the fall, the response was overwhelming ... overwhelmingly negative.

The "tween" version of the Nickelodeon cartoon character Dora the Explorer.

Dora the streetwalker. A sexed-up version of a children's icon. A poor example for kids.

Those were just some of the terms tossed around the blogosphere after Mattel released a silhouette of the "new" Dora, whose image was drastically changed from the endearing tomboy look Dora fans grew to love, with her bowl-cut hairdo, T-shirt and red shorts. This new Dora appeared to have long flowing hair and was wearing what seemed a scanty skirt, emphasizing her long, shapely legs.

"Did Mattel turn Dora the Explorer into a Tramp?" read one headline from The Huffington Post.

But not so fast.

Mattel and Nickelodeon both say there are two major misconceptions about the new Dora, which is not replacing the Dora the Explorer cartoon, but will be a new interactive doll aimed at the five- to eight-year-old, or tween market.

"People care so deeply about this brand and this character," Leigh Anne Brodsky, president of Nickelodeon Viacom Consumer Products, says. "The Dora that we all know and love is not going away."

"I think there was just a misconception in terms of where we were going with this," Gina Sirard, vice president of marketing at Mattel, says. "Pretty much the moms who are petitioning aging Dora up certainly don't understand ... I think they're going to be pleasantly happy once this is available in October, and once they understand this certainly isn't what they are conjuring up."

"I think there was just a misconception in terms of where we were going with this."
Gina Sirard, Mattel marketing

Part of the confusion stemmed from the silhouette that was released, which made Dora look more like a Britney Spears or Lindsay Lohan than a young girl. For the record, the doll does not wear a short dress, but a tunic and leggings. And while she looks older (she's supposed to be about 10), with longer jewelry and longer hair, she doesn't have makeup and seems pretty much like a 10-year-old girl.

Nickelodeon and Mattel say that as part of unrelated research, they found parents wanted a way to keep Dora in their children's lives and have their daughters move on to a toy that was age appropriate.

"The idea is Dora for more girls," Brodsky says. "The whole point was this was created because moms said help us."

But the new version is a significant switch from the Dora many preschoolers have known, aging her so the kids who tend to drop Dora once they hit kindergarten and first grade remain connected to the new character, who has a new group of girlfriends to go exploring with. The doll, which comes with a USB port and is compatible with online story lines that take Dora and four friends on new adventures involving the environment, social action and more, still has, as Sirard called it, the "Dora DNA."

"What would Dora be if she grew up? You'd have what you'd have before you: a very sweet, wholesome adventurous ... She's a perfect role model in that regard."

THE ASSOCIATED PRESS

Leno adds second show

Demand is so heavy for Jay Leno's free April 7 show for the Detroit area's unemployed that the comedian has added a second date on April 8. About 15,000 people can attend each performance by NBC's Tonight Show host. THE ASSOCIATED PRESS

Cross-country dance show auditions start

DANCE Dancers are being asked to break out their best moves in preparation for So You Think You Can Dance Canada's cross-country audition tour. The tour kicks off April 4 in Vancouver. Judges will also stop in Edmonton on April 7; Saint John, N.B., on April 21; Toronto on May 18; and Montreal on May 26. Last year, more than 2,500 hopefuls turned out for a chance to be on the series. THE CANADIAN PRESS

Furtado will help launch Fritz Helder

MUSIC Canadian Nelly Furtado is going to start helping other artists get off the ground. The Grammy Award winner has launched Nelstar Music, her own music company that will introduce Toronto group Fritz Helder & The Phantoms as its first act. The group's first album, Greatest Hits, will be released on July 7 and distributed in North America via Last Gang Records. THE CANADIAN PRESS

Anna Nicole's psychiatrist is charged with overprescribing

PEOPLE Los Angeles police say Anna Nicole Smith's psychiatrist has surrendered to face charges of excessively prescribing drugs to the former model before her overdose death in 2007.

Police spokeswoman Rosario Herrera says Khristine Eroshevich turned herself in around 11 a.m. yesterday.

She did not immediately post the $20,000 US bail. Eroshevich is charged with conspiring with another doctor and Smith's lawyer-turned-boyfriend Howard K. Stern.

Attorney General Jerry Brown alleges the doctors falsified prescriptions and prescribed unwarranted amounts of highly addictive medications to Smith. Eroshevich's attorney says she was only protecting Smith's privacy. THE ASSOCIATED PRESS

DVD picks

Twilight

Director: Catherine Hardwicke

A CHASTE ROMANCE FOR A sex-mad world, based on Stephenie Meyer's best-selling vampire saga about mortal girl Bella (Kristen Stewart) and her blood-sucking beau Edward (Robert Pattinson).

It preaches the virtues of saving yourself for future pleasure, while at the same time elevating the subject of your devotion to almost mystical status.

Edward considers himself a "vegetarian," because he avoids dining on humans.

But he's even more confused by his sudden passion for human classmate Bella, a pale, thin beauty who would probably dress goth if there weren't already so many vampires running around.

Edward and Bella fall almost immediately in love, after the usual pretend disinterest. But there is no backseat passion for these two.

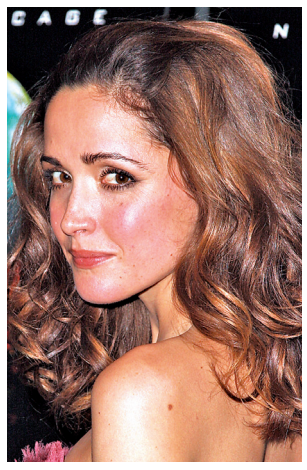
In true courtly love fashion, they must resist most acts of physical affection, lest Edward's restraint slip and Bella becomes lunch, or turns into a vampire herself.

Twilight is the Diet Coke of vampire movies, but central to the film's success is that you believe in the love between Edward and Bella. They deliver the sexless sizzle like a stake through the heart.

The extras in the two-disc set really are special: commentaries by director Catherine Hardwicke and her two lead stars (how often does that happen?) plus several deleted scenes (each introduced by Hardwicke) and other goodies. TORSTAR NEWS SERVICE

Dylan to play Rothbury
Bob Dylan, Willie Nelson and surviving members of the Grateful Dead are scheduled to perform at the Rothbury music festival in Michigan. The second annual festival is set for July 2-5 at the Double JJ Ranch and Resort in Rothbury. THE ASSOCIATED PRESS

Rose Byrne's date with destiny


Rose Byrne stars in Knowing.

STEVE GOW
for Metro Canada

It's an interesting question: If you could find out the day you were going to die, would you want to know the answer?

It's also precisely the predicament the main characters in the new thriller Knowing stumble into when a mysterious time capsule is unearthed. But for one of the film's stars, Rose Byrne, the answer to that question isn't so cut and dry.

"When maybe, but not how," admitted the rising Australian star with a chuckle during a recent interview. "I don't want to know how."

For someone so willing to learn about her date with destiny, Byrne has taken a somewhat opposite stance with her career — opting to strategize how she'll succeed in showbiz without concern as to when it would happen.

As such, the 29-year old is finally coming into her own in Hollywood thanks to carefully-picked movies like Knowing (in theatres Friday) and hit TV show Damages — for which she earned a Golden Globe nomination. With 30 film and TV credits under her belt since she began acting in Sydney as a teen, she has been patient. So what has motivated her choices?

"Director, director, director. Someone who's a visionary and if I felt like (I was in) safe hands," said Byrne adding that she has also searched for intricate characters. "Anything that makes me curious is a good thing."

Byrne has put no restrictions on those choices either. Whether it's playing Brad Pitt's lover in a big Hollywood blockbuster like Troy or spending time in Halifax filming the independent dark comedy Just Buried.

"Australians are very proud," she admits, while quietly adding success at home can still be tenuous.

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Silver succumbs to cancer

Actor Ron Silver, who played a slick strategist on NBC's The West Wing, has died of cancer. The 62-year-old, who helped found non-profit advocacy group The Creative Coalition, died in his sleep early Sunday in New York City. **USMAGAZINE.COM**

Critics join Stewart in CNBC attacks

TELEVISION Some critics are seizing on comedian Jon Stewart's attacks of CNBC to launch an online petition drive urging the network to be tougher on Wall Street leaders. The liberal media watchdog Media Matters for America and some economists are behind the effort, launched yesterday.

They're asking CNBC to hire economic voices with a track record of being right about the current crisis and do more to hold business leaders accountable. CNBC has been in the firing line since Stewart pointed to network personalities who, in retrospect, offered bad financial advice. CNBC spokesman Brian Steel said last week the network was proud of its record of offering diverse opinions on the economy. **THE ASSOCIATED PRESS**

Imus goes public with prostate cancer battle

ILLNESS Veteran radio personality Don Imus is battling stage two prostate cancer but is confident he'll recover fully. Imus, 68, made the announcement yesterday on his morning show from New York, which airs on ABC Radio Networks and cable's RFD-TV. He said he wrestled with making it public but figured he should because he might have to miss some work due to treatment. **THE ASSOCIATED PRESS**

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Crowning the Next Great PM

Panel of former prime ministers will pick winner tomorrow night

JON TATTRIE
for Metro Canada

The competition to be named Canada's Next Great Prime Minister has come down to the final four.

Alex Trebek will host a panel of former prime ministers Kim Campbell, Joe Clark, Paul Martin and Brian Mulroney on CBC TV tomorrow night.

Along with the studio audience, they will decide who is named winner: Calgary's Amy Robichaud, Toronto's David Suk, Montreal's Gabriel Bran Lopez or Robert Marsh of Dartmouth, N.S. The four survived a political boot camp of media scrums, debates and mock Canada-U.S. conflicts to earn a spot in the final.

"Boot camp was an amazing experience," said Robichaud, who's in her fourth year studying political science and public administration at the University of Ottawa. "Brian Mulroney is a huge person — physically and intellectually. (The four) just exude leadership. It was intimidating, but also inspiring."

The 21-year-old loved the pressure of the competition. "There's no more noble calling than to represent the interests of the people," Robichaud said. She wasn't put off by the rougher side of politics. "I admire those individuals who have dedicated their lives to being dragged through the mud on behalf of Canadians."

PAUL COUVRETTE

From left, former prime ministers Brian Mulroney and Kim Campbell, host Alex Trebek, and former prime ministers Joe Clark and Paul Martin.

On TV

- Canada's Next Great Prime Minister airs tomorrow night on CBC TV. Check local listings for times.

Suk, a masters student in public policy at the University of Toronto, described it as "a ton of fun."

The 23-year-old praised the passion and optimism of his competitors. "We would spend a lot of time getting to know each other and become good friends, but then go back to the room for a debate, and the gloves would come off."

He was surprised at the intensity of the process. "I tend have a pretty steady keel under pressure, but I will admit that in this competition, the pressure got to me. It was tough."

GlobalStyle

Kenya Hunt

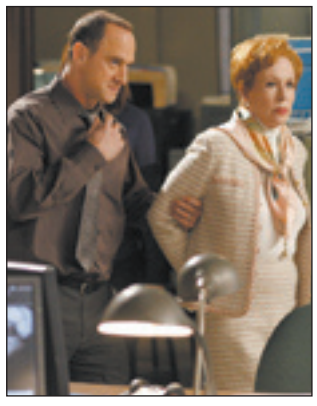
metronews.ca/globalstyle

TO		Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/17/09	primetime	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		The Fixer (Part 2 of 6)		Paradise Found: Islamic Art		Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	NCIS "Knockout" (N)		90210 (HDTV)		Project Runway Canada		News
		215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
		210	302	6	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N)	(DVS)	CBC News: The National		The Hour
		214	344	7	CITY	Law & Order: SVU		Privileged		Scrubs	Friends	Primetime: What Would		News (N)
		212	313	8	CTV	etalk	Hollywood	American Idol (HDTV) Finalists compete. (Live)				Law & Order: SVU		News (N)
		218	345	11	E!	The Insider (N)	E! News	The Biggest Loser (N)				Dr. 90210		News (N)
		137	763	13	TFO	Panorama		Aux limites du corps		*La Discrète* ★★ (1990, Com. dramatique)			Nouv. mondes	Lascaux
		-	-	14	-	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
		213	326	15	SUN	Scrubs	George Lopez	*The Boxer* ★★ (1997, Drama) Daniel Day-Lewis, Emily Watson, Brian Cox.					The DVD Show	Becker
		-	387	16	CBS	Inside Edition	Hollywood	NCIS "Knockout" (N)		The Mentalist (HDTV) (N)		(10:01) Without a Trace (N)		News (N)
		-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				Law & Order: SVU		News (N)
		-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars		Dancing With the Stars		Primetime: What Would		News
		219	346	20	ACH-B	Instant Star	TMZ (N)	Dancing With the Stars		Dancing With the Stars		(10:03) Without a Trace (N)		News (N)
		-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol (HDTV) Finalists compete. (Live)				Seinfeld	Two/Half Men	The Simpsons
		-	388	61	PBS	News-Lehrer	Keeping Up	Magnificent Mind at Any Age With Dr. Daniel Amen				Heart Healthy Yoga: Yoga		Business Rpt.
		297	652	330	WPX	Two/Half Men	Family Guy	Reaper (HDTV) (N)		90210 (HDTV)		PIX News at Ten Tong.		Two/Half Men
		296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
		298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Reaper
	news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Homo Toxicus		National
		500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
		509	504	79	CNB	Kudlow Report		CNBC Reports (HDTV)		Big Brother, Big Business		On the Money		Mad Money
	sports	405	417	22	net	Baseball World Classic -- Teams TBA. (HDTV) From Dolphin Stadium in Miami. (Live)						Sportsnet Connected		Baseball
		400	400	30	TSN	That's Hockey!	NHL Hockey Toronto Maple Leafs at Tampa Bay Lightning. (HDTV) (Live)					NHL Hockey: Stars at Canucks		
		411	457	58	OLN	Dog the Bounty Hunter		Survivorman		Mantracker		Dog the Bounty Hunter		Survivorman
		417	406	81	SC	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride
	family	551	542	25	YTV	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
		554	544	45	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
		556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	cable variety	602	567	27	W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
		570	580	29	MM	Degrassi: TNG	Instant Star	Paris Hilton's British Friend		Paris Hilton's British Friend		Degrassi: TNG	Instant Star	The Shift
		615	520	31	A&E	CSI: Miami (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 Cabdriver.		Manhunters
		700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	Nati Ieri		Raymond	Raymond	George Lopez
		571	581	36	MMM	mmmtop	Where You At	Popaganda		Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Listed
		575	583	38	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Hollywood
		616	521	39	SHO	The Outer Limits		Mutant X		Testees	Trailer Park	The L Word "Last Word"		House
		620	523	40	BVO	Live at the Rehearsal Hall		To Dublin With Love		Celtic Tenors Live in Concert Irish trio.			Irish Music	Law & Order
		601	562	41	SLC	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
		522	506	43	HIS	NCIS "See No Evil"		Sandhogs		Crime Stories		NCIS "See No Evil"		Sea Hunters
		625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Lewis Black	Flt.-Conchords	Daily Show
		600	564	46	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
		294	529	47	TBS	House-Payne	House-Payne	*Star Trek: Insurrection* ★★ (1998, Science Fiction)				Fresh Prince	Seinfeld	Family Guy
		576	582	49	BET	106 & Park	*Barbershop* ★★ (2002, Comedy) Ice Cube, Anthony Anderson. Premiere.					Baldwin Hills	Baldwin Hills	*Barbershop*
		627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood "Sleeper"		(10:05) Destination Truth (N)		Stargate SG-1
		581	566	52	MTV	Room Raiders	After	MTV News	Play'd	From G's to Gents		From G's to Gents		MTV Live
		618	524	54	TROP	Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
		603	561	56	FOOD	Chef at Home	Chef at Home	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.
		261	394	60	V	Murder, She Wrote		Chambers	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
		621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Living the Life	Look-A-Like	The Tonight Show-Jay Leno		TMZ
		553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
		115	711	101	TVA	Les Gags	Star Académie:	La Fièvre de la danse (SC)		La Promesse (HDTV) (N) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
		126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
		526	507	249	VIVA	Judging Amy		Missing		Missing		Encounters	In Dreams	Psychic Inv.
		300	601	301	M1	(7:15) *Blades of Glory* ★★★ (2007, Comedy)				*Ocean's Thirteen* ★★★ (2007, Comedy-Drama)				*Planet Terror*
		305	612	306	PIX	*The Song of Hiawatha* ★★ (1996, Biography), Litefoot				*Everybody's Doing It* (2002)			*Owning Mahowny* (2003)	

critics' corner

Law & Order: Special Victims Unit

An investigation by Detectives Benson and Stabler into three murders leads them to a strip club owned by former Rockette Birdie Sulloway. Birdie and her nephew, Chet, try to help with the case, but the detectives soon discover a vigilante with a violent past in the new episode "Ballerina." 10 PM on CTV NBC



NCIS

Not all the sparring is in the ring as NCIS Director Leon Vance "borrows" Gibbs' team for an investigation of his own into the murder of a boxer who was a friend, prompting Gibbs to dig for more information on Vance's past in the new episode "Knockout". 8 PM on GTV CBS

The Mentalist

Patrick usually relies on his uncanny powers of observation to help crack a case, but after he loses his sight in an explosion, he is forced to rely on his other senses to help him solve the murder of a financial adviser. Gregory Itzin guest stars in the new episode "Bloodshot." 9 PM on CBS

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Hurley's marriage at risk?
Liz Hurley's marriage is under strain, femalefirst.co.uk reports. The model-and-actress' husband Arun Nayar — whom she wed two years ago — is reportedly frustrated with her refusal to compromise on any joint decisions. METRO NEWS SERVICES

Celebrity Buzz

Spellings wage book battle

PEOPLE Tori Spelling and her mother, Candy Spelling, are at it again.

The famously feuding pair are reportedly taking their fight to the publishing world, as both have book projects set to come out in the coming weeks.

A source tells the New York Post that St. Martin's Press moved the release of Candy's Stories from Candyland book up from April 14 to March 31, after hearing the publication date for Tori's book was moved to April 14.

METRO NEWS SERVICES

Drew, Justin play tonsil hockey?

RELATIONSHIP Drew Barrymore and her on-again, off-again beau, Justin Long, may be on again.

The He's Just Not That Into You co-stars were spotted playing tonsil hockey over the weekend at a Hollywood hotspot, according to Page Six.

"Drew and Justin were at Bar Marmont, drinking beers and making out at a corner table," an eyewitness says. "They left together around 11."

METRO NEWS SERVICES

Britney on short leash

PEOPLE Britney Spears has been ordered to read the Bible for an hour a day, femalefirst.co.uk reports.

The Womanizer singer's father Jamie — who as co-conservator of her estate has full control of Spear's affairs — has issued the star with a string of rules to ensure she doesn't go off the rails on her tour.

A source said: "Jamie is determined nothing can go wrong with Britney's comeback. He's making sure she reads the Bible for at least an hour during her quiet time before she goes on stage and has banned her from using the Internet. He is even monitoring what she eats by insisting on none of her beloved junk food on the rider.

"He's stopping her from leaving her hotel unless accompanied by a security guard and even though she gets on much better with her ex-husband, Kevin Federline, she isn't allowed to speak to him without Jamie or her manager there."

Despite Jamie's strict orders, it seems as if his daughter has already found a way to flout his rules.

Fans at her show in New York last week reported that the 27-year-old star had a roll of fat hanging over her skimpy belly-dancer costume.

One fan said: "Britney moves around loads on stage but she's clearly carrying extra weight — perhaps someone should think about altering her costumes."

METRO NEWS SERVICES

Jen the next Bond girl?

CAREER Jennifer Aniston is being considered for a role in the next James Bond film, femalefirst.co.uk reports.

The 40-year-old actress — who recently expressed an interest in appearing in the British spy film franchise — is set to be offered a screen test for the follow-up to Quantum of Solace, which will star Daniel Craig as James Bond.

A source at EON, the production company which makes the James Bond films, said: "Jennifer has all the qualities we are looking for in a Bond girl. She has to be beautiful but she also needs to have brains.

"It helps if she's athletic and able to keep up with intense stunt work a Bond movie demands," the source added. "It is likely she'll be called in to meet producers Barbara Broccoli and Michael G. Wilson soon."

Aniston previously said of her Bond aspirations: "I get offered funny, quirky, pretty roles. But I'd love to do an action movie. James Bond — glamour. Daniel Craig. S—t-loads of fun."

METRO NEWS SERVICES

Hot pants land Lady GaGa in hot water

PEOPLE Lady GaGa is in trouble with police over her skimpy outfits, femalefirst.co.uk reports.

The singer — who is famous for her outrageous and revealing ensembles — keeps getting stopped by officers who believe her flesh-flashing clothes could offend members of the public.

The blond beauty was reportedly stopped in Chicago while she was wearing a pair of tiny hotpants.

She said: "It's not that I don't like pants, I just choose not to wear them some days. I think no-pants is sexy."

METRO NEWS SERVICES

Lindsay off the hook

LEGAL Lindsay Lohan's next appearance won't be in jail garb.

A Los Angeles Superior Court judge yesterday quashed an arrest warrant for the 22-year-old star.

Judge Marsha N. Revel told Lohan's lawyer that the actress has been complying with the terms of her probation but needs to show her treatment program better documentation to avoid future court problems. The judge also noted that Lohan has not failed any drug or alcohol tests.

The warrant was issued on Friday for Lohan's arrest, although the actress' lawyer says it stems from a misunderstanding.

Lohan pleaded guilty in August 2007 to two misdemeanour counts of being under the influence of cocaine; no contest to two counts of driving with a blood-alcohol level above 0.08 per cent and one count of reckless driving.

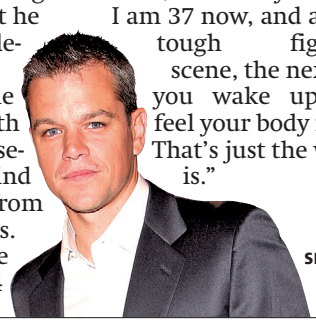
THE ASSOCIATED PRESS

Growing old hard on the body: Matt

PEOPLE Matt Damon struggles to cope with filming action scenes now that he is getting older, femalefirst.co.uk reports.

The actor says he hopes to shoot a fourth movie in the Bourne series, but admits he find it harder to recover from filming physical stunts.

He said: "We're working on Bourne 4 ... When I did the first movie, I was 29 years old. I am 37 now, and after a tough fighting scene, the next day you wake up and feel your body more. That's just the way it is."



METRO NEWS SERVICES

Gisele brings Tom home

PEOPLE Gisele Bundchen brought husband Tom Brady home to visit her family over the weekend, usmagazine.com reports.

The two were photographed in the supermodel's Brazilian hometown of Horizontina. Local newspaper Zero Hora reported that they were there for her grandfather's 83rd birthday.

The newlyweds were snapped eating ice cream inside a car Saturday, and Brady reportedly worked out at a local gym.

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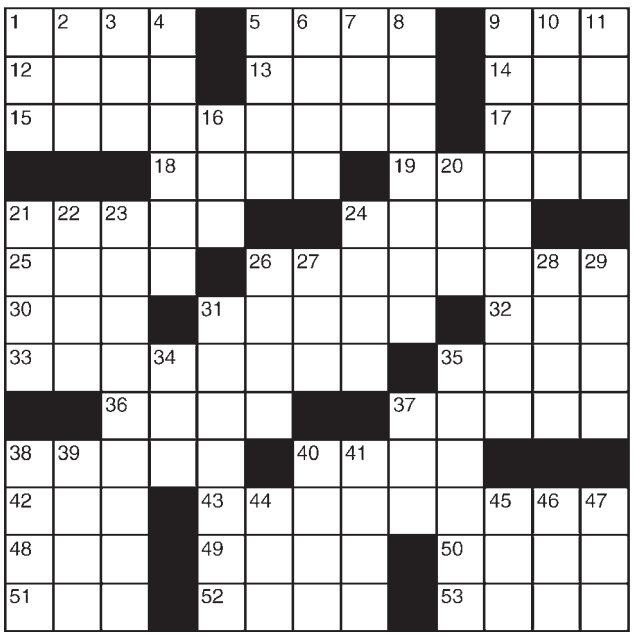

Crossword across

1 River through Kazakhstan
5 Early birds?
9 Turf
12 Creche trio
13 Ship-building wood
14 Before
15 Without flexibility
17 Moving truck
18 Lingerie items
19 Fisher or Richardson
21 Intolerant one
24 "Death in Venice" author
25 Responsibility
26 Appeased
30 Schuss
31 Neaten eyebrows
32 Id partner
33 Group of symptoms
35 Slender
36 Ogled
37 Diver's worry
38 Flood protection
40 Hearty drink
42 Rage
43 Niihau nut
48 Evergreen variety
49 Blueprint
50 Ripped
51 Supplement, with "out"
52 Have an inclination
53 Actor McGregor

Crossword down

1 Actress Thurman
2 "Awesome, dude!"
3 Khan title
4 Bellies up to the bar?
5 Sicilian spouter
6 Obtains
7 Cowgirl, maybe
8 Seize an airplane
9 Girls' magazine
10 Exam format
11 Say it ain't so
16 Illustrations
20 — budget
21 Employer
22 Black
23 Camelot female
24 Spiked club
26 Trudge
27 Abner's old radio partner
28 "Zounds!"
29 Dresses in
31 Bump a TV episode
34 Colouring agent
35 Emissary
37 Auction action
38 Biography
39 Estrada or Satie
40 Read cursorily
41 Magic stick
44 Pub order
45 Tend the lawn
46 A Gershwin brother
47 Massachusetts cape

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		8	6	2		4		
		4						5
9			3			1	6	
	7	3		1	9			
			8	5		3	4	
	3	2			8			1
5						2		
		7		9	3	5		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	W	E	S	■	C	U	B	■	D	U	S	T		
S	E	A	H	O	R	S	E	■	O	S	L	O		
P	E	R	U	V	I	A	N	■	R	E	A	M		
■	■	■	T	U	B	■	S	L	E	D	G	E		
A	L	B	U	M	■	S	H	A	M	■	■	■		
C	O	O	P	■	S	H	A	V	I	A	N	■		
E	L	L	■	A	L	O	H	A	■	L	E	E		
■	L	A	T	V	I	A	N	■	C	A	S	K		
■	■	■	S	E	C	T	■	T	A	S	T	E		
A	M	P	E	R	E	■	F	O	R	■	■	■		
R	I	O	T	■	D	I	L	U	V	I	A	N		
I	L	L	S	■	U	N	I	T	E	D	L	Y		
A	L	O	E	■	P	A	P	■	D	A	L	E		

3	4	8	6	7	2	1	9	5
5	2	9	3	4	1	7	8	6
1	7	6	8	9	5	4	2	3
8	9	5	4	2	3	6	1	7
7	6	4	1	8	9	5	3	2
2	1	3	7	5	6	9	4	8
4	5	1	2	6	8	3	7	9
6	8	7	9	3	4	2	5	1
9	3	2	5	1	7	8	6	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Balsamic Baked Tomatoes and Parmasan Crumbs

INGREDIENTS:

4 large tomatoes
1/2 tsp (2 ml) salt
2 slices whole-wheat bread
3 tbsp (45 ml) parmesan cheese
1 tsp (5 ml) olive oil
1/3 cup (75 ml) balsamic vinegar
2 tbsp (25 ml) light brown sugar
2 tbsp (25 ml) water

METHOD:

1. Preheat the oven to 400°F (200°C). Core tomatoes and cut in half horizontally. Place tomatoes, cut-side up, in ceramic or glass baking dish large enough to hold them in a single layer. Sprinkle tomato halves with salt.
2. Place bread in food processor and pulse to fine crumbs. Combine crumbs, Parmesan and oil in small bowl. Sprinkle tomatoes with crumb mixture.
3. Bake, uncovered, until topping begins to brown and tomatoes are heated through, about 25 minutes.
4. Meanwhile, combine balsamic vinegar, brown sugar and water in small skillet. Bring to boil over high heat and cook until syrupy, about 3 minutes. Drizzle over baked tomatoes.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Don't give in to anyone's pleading. A brat pretends that all is well. You can trust a daring truth-teller.

TAURUS
APRIL 21-MAY 21
Grab a new opportunity as soon as it's presented. Open the door to a happy-go-lucky person. Get the most for your money when shopping.

GEMINI
MAY 22-JUNE 21
Avoid self-indulgence or suffer the consequences. Tell someone that words can be weapons. Excitement happens in a relationship.

CANCER
JUNE 22-JULY 22
Nothing will happen regarding a decision. Poor digestion interferes with sleep. A trusted friend decides to let work wait.

LEO
JULY 23-AUG 23
A hard-hearted employer just won't get it. A swindler makes demands about money. A lazy girl's careless words lead to grief.

VIRGO
AUG 24-SEPT 22
A hard-worker has a chance to improve circumstances. Friends are accused of not listening. Conquest of weakness comes after delusion.

LIBRA
SEPT 23-OCT 23
A defender won't admit hearing evidence. The world still turns despite outrageous melodrama. A woman's indifference rids the area of impolite actions.

SCORPIO
OCT 24-NOV 22
An energetic man grabs the reins of power. Serious entertainment won't appeal to you. Try to deter the mastermind of a crisis.

SAGITTARIUS
NOV 23-DEC 21
A refusal to socialize seems scandalous. You'll get busy at a crucial time. There'll be joy when a decision is made.

CAPRICORN
DEC 22-JAN 20
A happy couple gossips about their intentions. Someone criticizes your dismissal of a suggestion. Little is accomplished if you rant and rave.

AQUARIUS
JAN 21-FEB 18
It might be an exhilarating day. Unleash the force of your visionary aptitude. Fascinate someone with your astonishing tales.

PISCES
FEB 19-MARCH 20
You'll be rewarded for your skills. Brighten a dull day with a fun companion. Sort out the turmoil after an embarrassing spat.

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WORDY GURDY®

BY TRICKY RICKY KANE

1. Sorrowful cry of someone canonized (1)
2. Lightly stroke flab (1)
3. Lawn for a Catholic service (1)
4. More ashen man like Popeye (2)
5. Singer Shore's chatty birds (2)
6. Bright red Hollywood hopeful (2)
7. Burger turner's bedroom footwear (2)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

ANSWERS
1. SAINT PLAINT 2. PAT FAT 3. MASS GRASS 4. PALER SAILOR 5. DINAH'S MANNAS 6. SCARLET STARLET 7. FLIPPERS SLIPPERS

3-17-09

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Erin Mills Shopping Centre
Fairview Park Mall
Lime Ridge Mall
Mapleview Shopping Centre
Masonville Place
Pen Centre Mall
Shoppers World
Square One Shopping Centre
Stone Road Mall
White Oaks Mall

NORTH
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Fairview Mall
Georgian Mall
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EAST
Oshawa Centre

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UNIPAGE
Chinatown Centre, Toronto
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220 Yonge Street, Level 1, Toronto Eaton Centre
1448 Queen Street West, Toronto
6064 Yonge Street, Toronto
1911 Finch Avenue West, Unit K11, Toronto
East York Town Centre, Toronto
Yorkgate Mall, Toronto
Parkway Mall, Toronto

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GENERATION WIRELESS
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NORTH

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DIGICELL.CA
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Pacific Mall, Unit E28, C3
77 James Street North, Hamilton

UNI-CELL TELECOM
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UNIPAGE
Pacific Place Mall, Markham
First Markham Place, Unit 136, Markham
Promenade Shopping Centre, Thornhill

EAST

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THU 19

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